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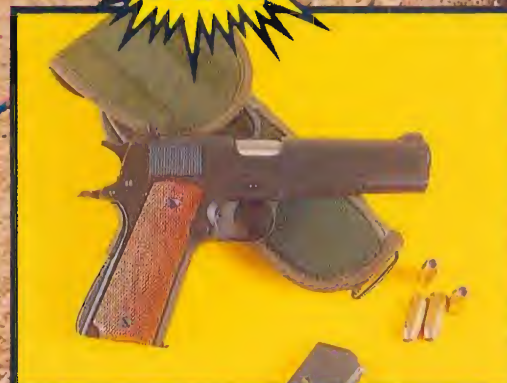
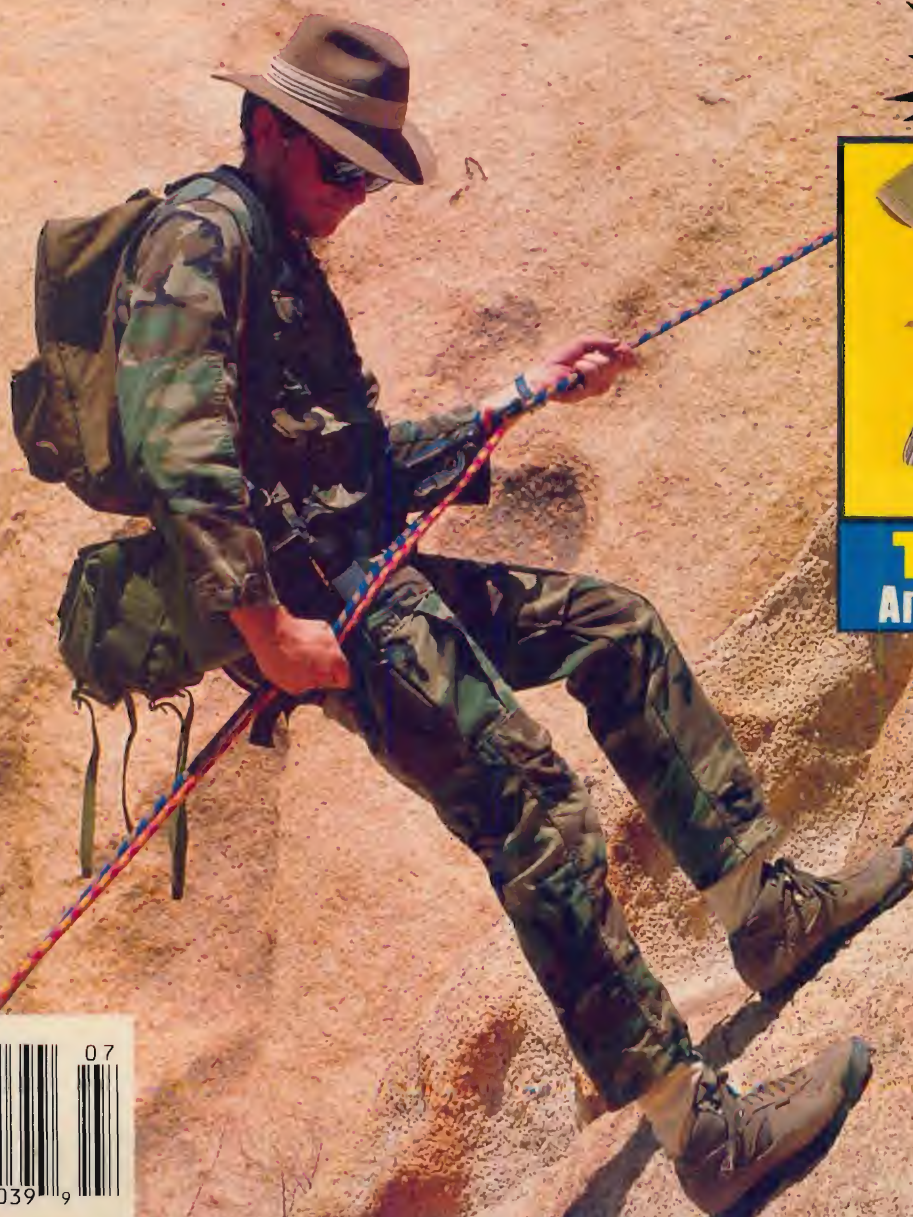
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JULY 1988 VOL. 10 NO. 7  
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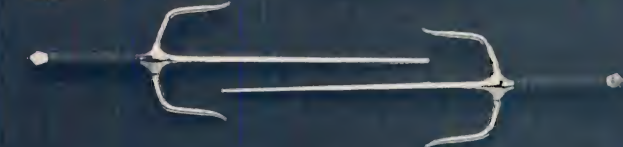
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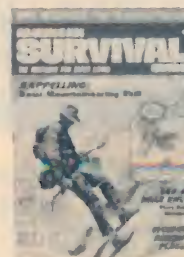




# AMERICAN SURVIVAL

## THE MAGAZINE FOR SAFER LIVING GUIDE

JULY 1988 VOLUME 10 NUMBER 7



### COVER:

A climber rappels down a granite cliff at Joshua Tree National Monument in California. Rappelling is a valuable survival skill (see page 24, Photo by Scott Stoddard). Inset: Win this .45 or other prizes. See pages 50-51.

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# SURVIVAL LINE

*Surge of salmonella-related illness,  
earth's atmosphere getting warmer,  
Soviet military presence in Alaska,  
lead poisoning. . .*

**A** RECENT surge of salmonella-related food poisoning cases has caused concern among the government agencies responsible for insuring the safety of the nation's food supply.

Food poisoning cases have increased from 22,000 in 1974 to more than 42,000 in 1986. Researchers believe that only 1 to 10 percent of all salmonella food poisoning cases are reported to authorities, and that the actual number of food poisoning victims may be as many as 4 million per year. Of these, as many as 2,000 fatalities may result.

In a report by the Centers for Disease Control, (CDC), in Atlanta, officials have noted that eggs and ground beef have caused a disproportionate number of food poisoning cases. The report also notes that egg-related poisoning cases have grown particularly rapidly in the northeast while ground beef-related cases have shown a similar surge in California. The report does not explain this situation.

The U.S. Department of Agriculture has a toll free hotline for tips to assure the safety of the food you cook. Call (800) 535-4555 for more information.

**You're Getting Warmer** — In what appears to be a confirmation of the "Greenhouse Effect" (see ASG April 1986), climatologists have released data showing that the average global temperatures of the 1980s are the highest since such record keeping began more than 130 years ago.

Using compilations of data gathered by U.S., Soviet, and British researchers, climatologists have concluded that the global warming trend has accelerated throughout the decade of the 1980s. In addition, four of the warmest years on record have occurred in the 1980s.

The Greenhouse Effect is produced by man made pollutants such as carbon dioxide and other industrial gases which, when released into the atmosphere allow sunlight to enter but trap the resulting heat within. This trapped

heat eventually raises global temperatures and may cause a rise in sea level as polar ice melts. A global temperature rise of just a few degrees would also disrupt worldwide agricultural patterns and output.

**Red Dawn** — Soviet special forces troops may be conducting training operations on a number of Alaskan islands in the Bering Sea. According to Alaska National Guard officials, patrols by the Guard have uncovered Soviet military gear, and have spotted unidentified personnel who have fled when approached by Guard units. Seeking to downplay the incidents, Pentagon officials in Washington have speculated that the Soviet military items found by the National Guard were simply washed ashore, and that the personnel observed were probably poachers. In response, an intelligence officer of the Alaska Guard noted that in one instance a Soviet-made battery was found by a patrol some two miles inland and that, to quote him, "batteries don't float."

**Get The Lead Out** — Some historians have speculated that the fall of the Roman empire was caused in part by the effects of lead poisoning upon the citizens of Rome from use of lead plumbing.

Whether true or not, lead poisoning is still a problem which affects many, particularly children, in the U.S. When lead is ingested in small doses over long periods of time, lead poisoning results. In the U.S. lead is most often ingested through contaminated water.

In an effort to combat the problem the U.S. Environmental Protection Administration is offering a free booklet entitled, "Lead in Your Drinking Water." The booklet tells how to have your drinking water tested for lead contamination and how to correct the problem if it exists. To obtain a copy of the booklet write to the Environmental Protection Administration, Washington, D.C. 20460. ●

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# TO THE POINT

## *The influence of the political left...*

**I**N the spring of 1970, during the Vietnam War, when United States military units invaded Cambodia to get at communist forces enjoying sanctuary there, I was a freshman at California State University.

The Students for a Democratic Society (SDS) and other groups of the well organized student political left had managed with noisy speeches and violent demonstrations to throw that particular campus and many others across the country into chaos.

Ronald Reagan, then governor of California, had ordered the state's college and university campuses closed temporarily in an effort to restore peace and order.

Many students and faculty — and, no doubt, certain outside agitators — had stayed on campus following the closing of the university and there was an impromptu discussion of the situation between students and faculty going on at a park-like area outside on campus known as "the quad." A wooden podium with microphone and loudspeaker system hooked to it were set up and various students and professors were individually expressing their views.

As I sat among the crowd listening and watching, someone who appeared to be a student with long hair and headband and wearing typically hippie clothing suddenly dashed to the podium as a professor was speaking, lifted the podium up and threw it to the ground, knocking out the loudspeaker system. This "student" who must have been some communist dupe then raised his fist in the air and shouted something like, "Enough of this — man! Power to the people!" There were other exhortations for us all to get going and riot or something like that. Anyway that was the end of the previously peaceful open-air discussion.

I remember this incident not so much for its significance at the time but more for what it would later come to symbolize to me in political terms.

Looking back and thinking about my attitudes and beliefs of that time I

have to see myself as having been rather innocent, naive and quite susceptible to the popular anti-war and leftist propaganda of the day. Later I graduated from the university and ventured into the real world as a well indoctrinated liberal.

I had no conception then of what gun writer Jeff Cooper refers to as the "CLAMS" — congressional left + academia + media.

And since then I've come to the conclusion that the universities and colleges can be hotbeds for socialistic thinking and that quite a few people in our news and entertainment media are biased toward the liberal-left politically and pump out a lot of propaganda to that effect.

Clearly, within our own society and in many other societies around the world today, there is an ongoing political struggle between those people who want governments modeled on some form and degree of communism or socialism and those people opposed to such governmental systems who are usually referred to as the political right wing. Speaking generally, this same struggle has occurred around the world all of this century. Freedom loving people everywhere have watched in horror the rise of communist dictatorships in different parts of the world and wondered what will be the ultimate outcome for democratic societies where individual freedoms are valued over subservience to the state.

Liberty loving people cannot afford to sit idly by on the sidelines and watch as this struggle continues and spreads. I'm not saying that all right-wing governments and political thinking are inherently good and preferred over those of the left. It's simply that there is too much at stake — namely the very survival of freedom and democracy — for anyone who cherishes these concepts to stay out of involvement in political affairs.

Get involved, and most important, make sure you vote. Your vote makes a difference in the quality of your life and the lives of your friends and families — *Jim Benson*.



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# Leaf-O-Flage

*The ultimate camouflage. . .*

by Jayson Orvis





**M**y assignment was to protect a sector of the perimeter surrounding my unit's jungle base camp. It was late morning and my riverbank ambush position grew warm and humid. As I crouched into position, I recalled the base commander's briefing.

"Expect a large enemy unit to approach by way of the slope to our east. Our defenses along the base of the slope need to be tight. Try for ambush and enemy elimination."

Facing the hill, I dug into a dark pocket of green foliage. In moments, I spotted an attacking unit picking its way down the brushy incline. There was no doubt that they expected our ambush. One surprise, however, that the enemy couldn't have expected was my virtual cloak of invisibility. I was wearing a three-dimensional camouflage blind.

I patiently held my fire, confident that I would go unseen. The unit approached within 10 feet of me before I opened fire. My first two shots took out both of the nearest enemy and sent the rest scrambling for cover. I could hear them asking one another for my location. They knew I was close, but had no idea where. After 10 minutes of stalling, they decided that I had bugged out. As they continued their approach, I pumped a paintball into the chamber. When I did, I felt the telltale squish of the ball bursting.

When a paintball bursts in the barrel of a paintgun, that ball will blow



Leaf-o-flage is sewn on to the fabric covered helmet.

out in a harmless splatter. Also, every following ball will break until the barrel is cleaned.

During my confrontation, most of the other perimeter defenders had bought the proverbial farm. I knew that I was alone, I was outnumbered, and I would probably join my comrades in the elimination zone. The hero in me spoke up and I decided to see just how well this new camouflage of mine would work.

I allowed one unfortunate enemy to walk within three feet of my position before I splattered him. As a rule, splatters don't count as a kill, but this guy was so splattered that he called himself out.

At this point, the world fell in on me. Attackers from ahead began shooting every bush and movement. Flankers fell in and paintballs zipped wildly around my head. Eventually, I was hit, but I came away knowing that I could rely on my new leaf-o-flage camo to make me practically unnoticeable.

As an avid paintball player, I have worn my leaf-o-flage outfit for over 15 days of play. That's over 100 hours of field testing. There have been numerous occasions when the enemy would walk directly to me, and even more when they would unwittingly expose themselves to my field of fire.

The leaf-o-flage, or bush, outfit is

characterized by its leafy vinyl-like material. This material has texture that closely imitates nature's own pattern. The military uses leaf-o-flage mounted on nets as radar scattering throw tarps to cover jeeps, tanks, planes, or any other concealable objects.

Compared to the legendary Ghillie suits (which are constructed of frayed burlap), bush suits have the advantages of being more mobile, less thermally restrictive, and more natural looking. Additionally, the leaf material causes the sun to reflect and cast shadows, thus lending to the natural presentation.

Believe it or not, the light nylon leaf makes almost no extra noise during movement.

As with any other camouflage, leaf-o-flage is most effective when the wearer remains completely still. In almost any green or bushy environment, a motionless "bushman" will be nearly impossible to spot.

Surprisingly, I have found that a built-up leaf-o-flage suit is no warmer than the clothing it is fastened to. In colder climes, extra clothing can be worn beneath the suit without interfering with the camouflage effect.

Leaf-o-flage is normally available at your local Army surplus store. It may also be purchased by mail from I & I Sports Supply Co. Inc., Dept. ASG,

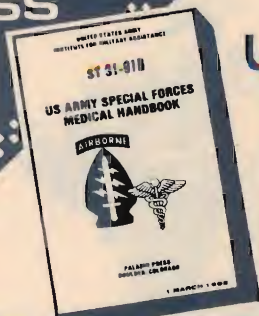
*Continued on page 68*



The original tarp bought from Army surplus contains different colors and sizes of nylon die-cut leaves.



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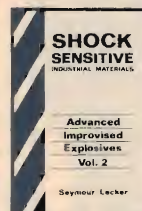
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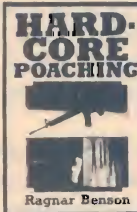
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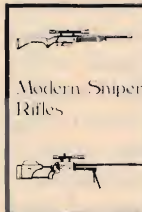
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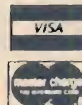
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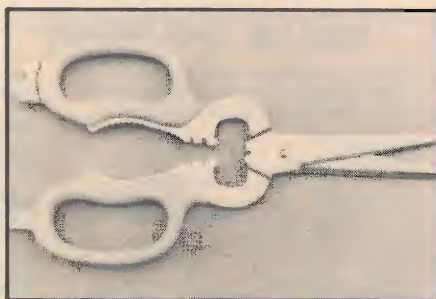
# NEW PRODUCTS

## 800 MHz Scanning Receiver



The model AR800 personal scanning receiver comes in a small package but has many features and capabilities. It is probably the smallest of its type available, measuring 5" x 2.25" x 1.69", and weighing only 19 ounces. Frequency coverage includes: 30-50 MHz, 118-136 MHz, 140-174 MHz, and 830-950 MHz. This allows coverage of all police, fire, and emergency bands, plus the new services now available above 800 MHz. Twenty front panel keys allow the user to operate the unit by accessing the onboard microcomputer. A sidelighted liquid crystal display shows all operating and mnemonic functions. Available for \$299 from Ace Communications, Dept. ASG, 10707 East 106th Street, Indianapolis, IN 46256; (317)842-7115.

## Catter 12-In-1 Scissors



New from the Republic of China, these high grade stainless steel scissors are detachable, and are well suited for camping, backpacking, and gardening. Many uses include: scissors, fish scaler, knife, magnet, wire cutter, jar wrench, can opener and nut cracker. The scissors are eight inches long and come with plastic handles. Order postpaid for only \$8.95 with money back guarantee from New World Trading Company, Dept. SG100, Box 937, Broken Arrow, OK 74013; (918) 455-6027.

## Letter Bomb Detector



This chemical spray was designed to render an envelope temporarily transparent for about 30 seconds. It then dries leaving no discoloration or trace. When transparent, suspected letter bombs can be checked for wires, batteries, etc. without opening the envelope. The six ounce can sells for \$15 postpaid. Two cans for \$27 (\$13.50 each) and three for \$36 (\$12 each). Available through The Dutchman, Dept. ASG, P.O. Box 12548, Overland Park, KS 66212; order toll free (800) 821-5157; in Missouri (816) 221-3581.

## DynaMetric Cut-Off Module



DynaMetric has developed a new device that eliminates a heretofore, unrecognized and potentially serious security problem with handsets on the new phones, both analog and digital. The handset mouthpiece acts like a microphone at all times even when the handset is "On-Hook." This means that all room conversations including office chit-chat, private conversations, and perhaps secure discussions could be recorded in addition to your actual phone calls if you have a VOX (voice activated) or central recorder/logger. The DynaMetric Cut-Off Module plugs into the handset and cuts the audio when the handset is returned to the cradle, thus preventing the audio from going beyond the handset. Installation is simple; merely unplug the coil cord from the handset, plug in the Cut-Off Module, then plug the coil cord into the Cut-Off Module. No tools are needed. Retail price is \$49.95 from DynaMetric Inc., Dept. ASG, 820 East Duarte Road, Monrovia, CA 91016; (213) 684-1630.



### Fishing Knife

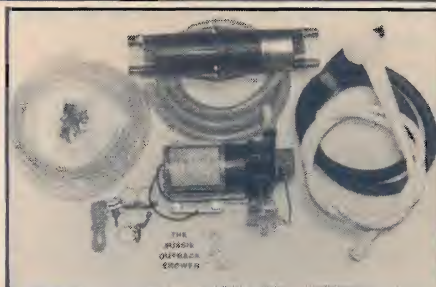


Buck Knives' new folding fish fillet knife, called TruBlue, offers important user advantages. It has a new, patented BuckLock system and an easy to clean open-channel body. TruBlue's 5½-inch midflex blade is made of Buck's high-chrome, high-carbon, rust resistant modified stainless steel. The bright blue handles of Buck's Model 539 are made of Kraton, an engineering thermoplastic that becomes slightly tacky when wet, assuring a positive grip. The blue nylon sheath has a swiveled belt loop so it will hang comfortably. Suggested retail is \$37.50. For information on a dealer in your area contact Buck Knives, Dept. ASG, P.O. Box 1267, El Cajon, CA 92022; (619) 449-1100.

### Aussie Outback Shower



Now it is possible to take a hot shower anywhere you can take your car or truck. Ideal for outdoor enthusiasts, the Aussie Outback Shower consists of a compact, easily installed heat exchanger, shower, and pump. The amount of hot water is limited only by your original source — river, lake, or plastic jug. The key component of this shower system is the heat exchanger. Installed in the engine compartment of your car along with the shower pump, the exchanger takes hot water from your engine cooling system and heats fresh water that passes through a separate chamber. The two liquids never mix. The temperature of the water can be controlled by adjusting the



heater control in the car or by the flow button on the shower. Complete instructions for installation and use are included. The complete kit retails for \$249.95 and is available from Aussie Outback Showers, Dept. ASG, 382 N. Lemon Ave, Walnut, CA 91789; (714) 594-6827.

### Sun Radio



Are you tired of buying batteries for your portable radio? Now thanks to Solar Electric's Solar Sports, you may never have to buy batteries again! This one-of-a-kind portable AM/FM stereo radio contains a solar cell that can either power the radio directly or recharge its unique built-in battery. In addition to being the world's first practical solar radio, Solar Sports features high quality stereo sound, a sturdy, water resistant casing and unique miniature earphones. Solar Sports is perfect for joggers, skiers, campers, boaters, sports fans, and anyone who enjoys listening to the radio but dislikes buying batteries. Solar Sports retails for \$59.95 from Solar Electric, Dept. ASG, 175 Cascade Ct., Rohnert Park, CA 94928. It may be ordered by calling 800-832-1986. ●



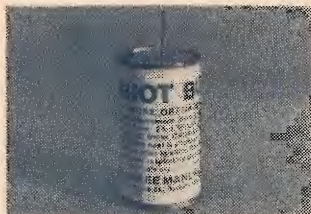
## SMOKES



### MILITARY SMOKE GRENADES (M-18)

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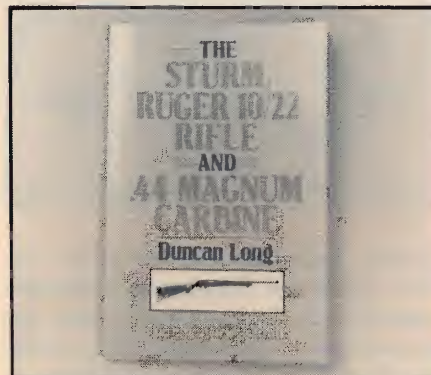
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# BOOKS/VIDEOS



**Expedient Hand Grenades**, by George Dmitrieff; Firepower Publications; Available through Butokukai, P.O. Box 430 Dept. ASG, Cornville, AZ 86325; (602) 634-6280; 68 pages, softcover; \$10 plus \$3 shipping and handling.

"It is a historical fact that one of the first objectives of any occupational force is the disarming of the local population." This handbook contains information on the manufacture of explosive and incendiary devices. Virtually all types of grenades, from antipersonnel and antitank to chemical and fragmentation grenades are described. Instructions for homemade devices using ordinary materials include detailed illustrations. Please note, however, that trying to make a grenade or an explosive device is extremely dangerous, and may be in violation of state, federal and local laws. The material contained in the book should be considered for information purposes only.



**The Sturm, Ruger 10/22 Rifle, and .44 Magnum Carbine**, by Duncan Long; Paladin Press, Dept. ASG, P.O. Box

1307, Boulder, CO 80306; (303) 443-7250; 102 pages, softcover; \$10 plus \$3 for shipping.

The Ruger 10/22 rifle is one of the most popular .22 rifles in the world. Originally conceived merely as a practice companion for the .44 Carbine, the 10/22 is considerably cheaper to plink with than its centerfire brother. Because of its reliability and accuracy, the 10/22 has outlasted the .44 Carbine, which was discontinued in 1985. The author details the developments Ruger used to produce a sturdy weapon with a low price tag — including investment castings, self-lubricating plastic, lightweight aluminum, and machined steel. Also discussed are troubleshooting procedures, ammunition recommendations, and a lengthy chapter on the myriad aftermarket accessories. This wealth of add-ons can transform the 10/22 into a lightweight camping gun, a compact survival rifle, or even a quasi-assault rifle.

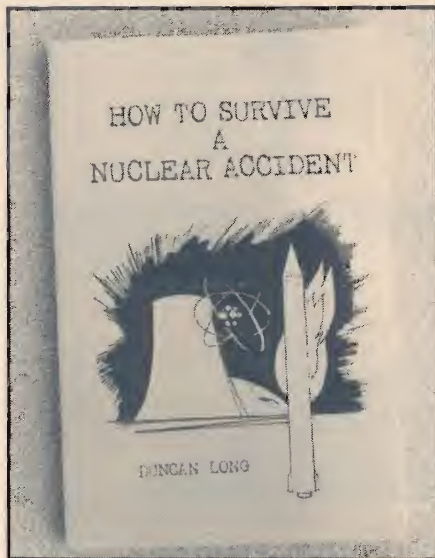


**Moving Over Stone**, narrated by Doug Robinson, Range of Light Productions, Dept. ASG, P.O. Box 2906, Mammoth Lakes, CA 93546, (619) 934-4653; 40 minutes; \$39 plus \$2.50 shipping and handling.

Climbing is almost an inborn instinct. We loved to climb as kids, and many of the techniques came naturally. *Moving Over Stone* starts with the very basics: demonstrating proper balance and footwork, and using the leg muscles to ascend rather than our weaker arms. The tape then proceeds with more instruction on handholds and footholds, and tricks for climbing cracks. These skills should be learned from accredited instructors, but watching the



video helps to visualize the moves. After the basic instruction, the video goes on location to some of the more famous and scenic climbing areas in America: Yosemite, Tuolumne, Canyonlands and Smith Rocks. Director and videographer, Michael Strassman, has captured on video many of the top climbers of America and Europe performing some incredible gymnastics on the rock. The quality and production of Moving Over Stone is excellent, with good editing, music, and sound. Instruction on climbing hardware is purposefully left out, enabling the tape to deal solely with climbing. Running time is 40 minutes. Available in VHS and Beta.



**How To Survive A Nuclear Accident**, by Duncan Long, Loompanics Unlimited, Dept. ASG, P.O. Box 1197, Port Townsend, WA 98368; (206) 385-5087; 150 pages, softcover; \$10 plus \$3 for shipping and handling.

"How to survive a nuclear accident" to the uninformed might sound like the ultimate optimist's creed, but author Duncan Long helps dispel the myths of absolute annihilation. True, those unprepared may go the way of dinosaurs, but according to Mr. Long, "The bottom line is this: preparing to avoid receiving dangerous exposures to radiation or even being killed is, for the most part, up to you." The book takes a look at what you might be facing in the way of nuclear accidents, and discusses in very readable detail what radiation is and what its effects on the body are. One section is devoted to ways to avoid danger when high levels of radiation exist, including the heart-rending decision "to flee or not to flee." Survival handguns are also dis-

(Continued on page 34)

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# Your Own Well

*Digging or drilling a water well has nearly become a lost art...*

By Duncan Long

**H**AVING a supply of water in your home saves a lot of drudgery. With the average person using tens or even hundreds of gallons of water a day, the prospect of having to carry water from a nearby spring, river, or lake is almost impossible to imagine without making a major change in lifestyle.

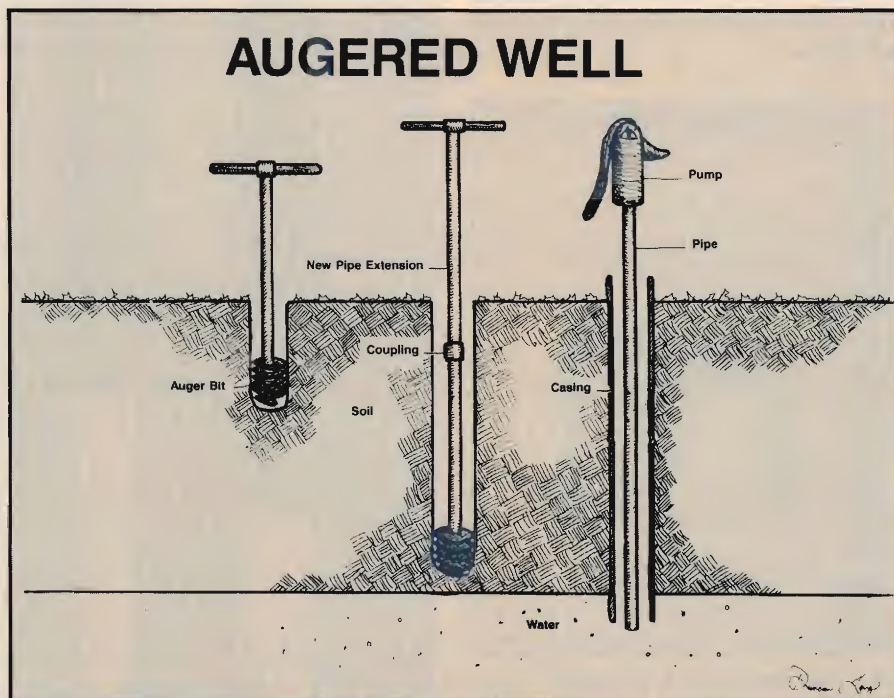
Yet, for most of us, that's just what would happen in a disaster. The local water works shuts down and we're without water unless we carry it in buckets or have a supply of water jugs stashed away in the basement. A long-term disaster, for most of us, means a return to the Dark Ages whenever it comes time to get a drink or wash hands or dishes.

Getting an "in house" (or close-to-the-house) source of water could really improve things and save a lot of time otherwise spent hauling water during a disaster; time which might be better spent working at producing food or any of a number of other important survival tasks. While a few lucky souls have a nearby spring or creek from which water can be diverted into their living area, most of us don't have that luxury.

A water well can be an important solution to the problem.

Unfortunately, digging or drilling a water well has nearly become a lost art in the United States with only a few people knowing how to go about doing it properly.

The first secret to creating a water well is finding the proper location for it. Space doesn't permit going into this in great detail, but an important point to keep in mind is that water tends to seek low points; you're more likely to strike water at the base of a hill than at its top (or at least you'll reach it sooner). Also, keep in mind the fact that care must be taken not to dig a well where the water might be contaminated by sewage systems, chem-



ical contaminants, surface run off or the like.

It should be noted that "old timers" claim that one of the best ways to find water which is within 20 to 30 feet of the ground is to find a spot where willows or cottonwood trees are growing naturally — not planted there — and flourishing. In such a spot, water is generally close to the surface of the earth.

Several good sources of information on modern methods of finding the proper site for a well (along with a lot of other helpful information) are available. Perhaps the best source is the *Water Well Manual* by Ulric Gibson and Rexford Singer (available for \$9 from the U.S. Government Printing Office, Washington, DC 20402) which gives you most of what you need to create — or find someone to create — a modern well. Another help is to get a regional map showing surface drainage and rock types in your area and trac-

ing the source of your ground water; while this is a tedious task, maps from the American Association of Petroleum Geologists Bookstore (P.O. Box 979, Tulsa, OK 74101) will help you out as well as many local county extension agents. Other help can be found in *Planning for an Individual Water System* (\$7 from AAVIM, Engineering Center, Athens, GA 30602), *Water Supply for Rural Areas and Small Communities* (\$28 from World Health Organization, 49 Sheridan Ave., Albany, NY 12210); *Manual of Individual Water Supply Systems* (U.S. Printing Office); *Planning for an Individual Water System* (\$7 from American Association for Vocational Instructional Materials Engineering Center, Athens, GA 30602); and *Ground Water Manual* (\$14 from the U.S. Government Printing Office).

Right out front, it should be noted that the best bet for having a well available for emergency use is to have a well drilled by a commercial driller



now and then leave it covered but ready to go if you don't need it now. Having a water well ready to go would save a lot of tears and sweat and really make the transition from your municipal supply to your own well considerably less traumatic.

There's also a do-it-yourself method for digging a well before a disaster (when you have the time and utility-supplied power and water to do it). This is a small well digging machine called the "Hydra Drill." The device comes with its own hoist and power unit and can dig a well up to 3½ inches wide down to 200 feet. Cost is slightly over \$500 and information on the unit is available from Deeprock Manufacturing (Box 1, Opelika, AL 36802).

What if you have to dig a well following a disaster?

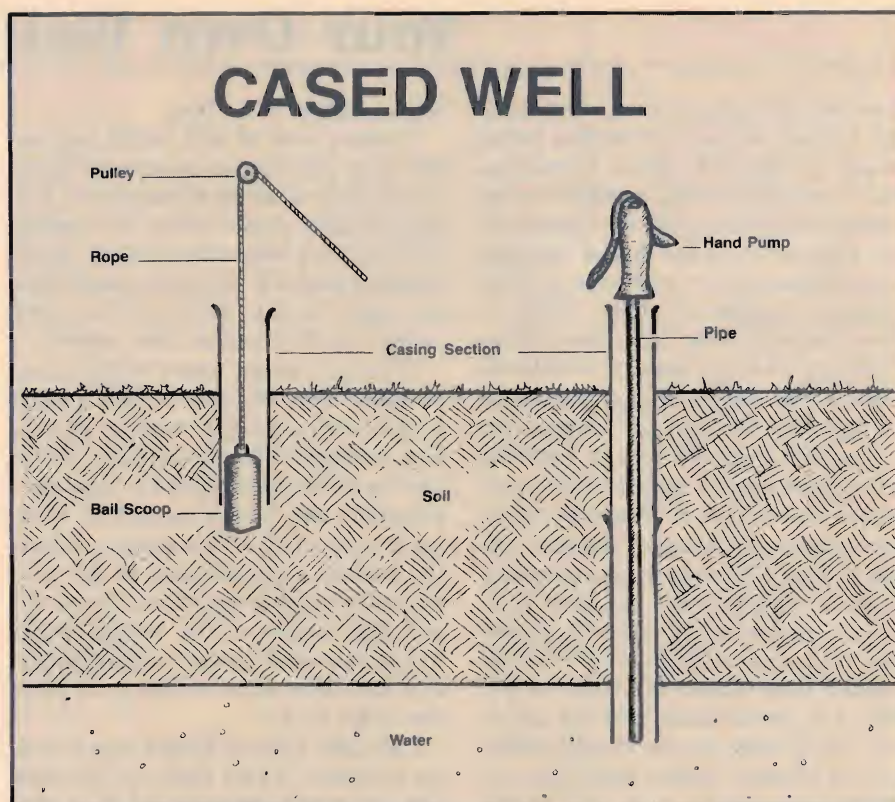
Some methods aren't practical without specialized machinery and power sources. Blasting, water-jet drilling, etc., are all out if you're starting practically from scratch. Post-disaster wells will have to be dug using mostly muscle power and methods used by our forefathers. And, after all, it must be remembered that, not long ago, this was the way of doing things.

Digging a well with a spade and shoring up the hole as it is dug can be done, but such work takes forever and a day and can be very dangerous. Furthermore, once in, a shovel-dug well is dangerous since children often manage to fall into them.

Another large problem has to be faced since shoring systems are normally based on straight boards which create square shafts and, in turn, square-walled wells which are very inferior in strength to round-walled wells. Added to the problem is that the wood shoring will gradually rot, swell with the moisture of the well, and eventually cave in. This means that the shoring has to be lined with rock. We're talking major work with a large, hand-dug well which is designed to last for more than a few weeks.

**Auger** — A better bet is to go to a smaller scale and dig a well in which it isn't necessary for the worker(s) to be inside as it's dug. In areas with very firm soil (lots of clay) and where ground water is 50 feet or less from the surface, a well can be put in with a hand auger. Such auger bits are sometimes used for digging post holes and can be found in many farmer's supply stores or ordered through most farmers' co-ops.

To dig the well, the auger is twisted into the ground until the screw head



is filled with dirt. The tool is then lifted out of the hole and the dirt knocked out of it. As the well hole deepens, the handle is removed from the auger and a length of pipe added to it to make it longer so that the hole can be dug farther into the ground. As the length of the pipe on the auger becomes greater, a 10-foot or higher platform is normally made over the well sight so that the auger can be pulled out by a man on the tower working in conjunction with another on the ground. Once dug, an "augered" well is lined with pipe or concrete sections to keep it from caving in or becoming contaminated with run-off surface water.

In areas where the soil is sandy and water is within 30 feet of the surface, auger digging doesn't work too well since the well tends to cave in before the water is reached. Another type of well which is easier to dig in such soil is the "sand point" or "driven" well. Such wells are pretty simple and quick to drill and might even be done on a "make do" basis with household plumbing pipe (though the flow from such a well would be rather small). household plumbing pipe (though the flow from such a well would be rather small).

Of course you can't just push the pipe into the ground and have a well. The end going into the earth needs a special end called the "point" which, as the name suggests, has a pointed,

spear-like end which is easily driven into the ground. The point section also has a number of small holes in it so that water can flow into it while sand and dirt are filtered out of the water.

The simplest method of obtaining a point (and the pipe coupling to connect to it) is simply to go to an irrigation supply company (try your local farmers' co-op for a near-by source) and buy what you need. But, in a post-disaster situation, the point section could be created by some judicious grinding, shaping, and welding of a pipe so that it ended in a point. Small holes could then be drilled into it (or slits filed into its surface). This would be a very tedious job, however; buy now or pay later seems to be the choice here.

Generally the sand point well is pushed into the earth by some sort of weight which is dropped from a pulley hoist or the like. The tool designed for this is called a "bell;" the heavy bell driver fits over the end of the pipe and has handles on either side so that a couple of stout fellows might use it without a hoist. (In a real pinch, it is even possible to use a sledge hammer rather than a bell to drive a sand point into the earth.)

The point and each section of pipe that is fitted to it as it is driven into the ground are threaded on each end and joined together with pipe couplings. As can be imagined, great care has to be taken when driving the point and



# Your Own Well

pipe into the ground not to damage the threads in the top section being struck by the bell driver. Generally, this is avoided by using a protective cap which is screwed tightly into place over the exposed threaded end of the pipe or point being driven into the ground. Using a number of weaker blows to drive the pipe rather than heavy blows is also a good way to protect the threads.

When the section of pipe is most of the way into the ground, the end cap is removed from the pipe, a coupling is threaded onto it, and another piece of pipe fitted onto it. The end cap is then placed on the top of the new section of pipe. Care has to also be taken to check the protective cap from time to time as the section is being driven into the ground since the cap will tend to work loose under the blows of the bell; if it comes loose and the cap is hit, the threads can be ruined. Ruining the threads means you'll have to abandon the sections of pipe in the ground or rethread the section by hand, neither of which is too rosy a proposition.

**Using A Weight** — A second way of driving larger pipe with a sand point is to use a long weight inside the pipe and point. This weight is lowered up and down to strike the point from inside. This method is normally a bit slower than using a bell since less weight can be brought to bear on the point. But it is also less apt to damage the threads on the pipe or cause the pipe to bend.

Five-foot lengths of pipe are the maximum size to be used with a sand point well. When joining each section of pipe, use plumber's pipe compound to help prevent leaks and/or air getting into the pipe when you're trying to pump water through it later on.

The holes in the sand point sometimes clog up and the amount of flowing water drops down, often leading the user to think the well has run dry. Back in the "good old days" when I was a kid, the solution to this problem was quite simple: the pump was removed from the sand point and a small caliber rifle (usually a .22 LR) fired down the well two or three times. This generally seemed to work quite well, though one has to wonder if the lead of the bullets might have raised the lead content of the water to rather high levels. Care should also be taken to be sure water doesn't get into the

barrel before it is fired.

Another type of well which can be put in by hand is the cased well. Such a well uses a string of connected sections of lightweight casing. The casing shell is slowly lowered into a hole which is dug from inside the casing itself with an auger (in clay soil) or with a tool called the bail cup or bail bucket.

There are several types of bail cups. In sandy soil, the tool is like a long bucket with a hinged valve at its bottom. A weight slides up and down inside the top of the bucket and the rope connected to the bucket to pull it back up is connected to the weight. When the bucket is pulled back to the surface after being dropped into the sandy soil, the suction of the weight tends to pull the sand upward momentarily and the valve shuts below it to keep the sand in it.

The other type of bucket is a heavy set of blades which first cut into the dirt and then tighten up to take a bite out of the ground which will remain in the bail as it is hoisted back out. This type of bail bucket works in a manner very similar to a two-handled, manual post hole digger or some cranes used for earth moving purposes.

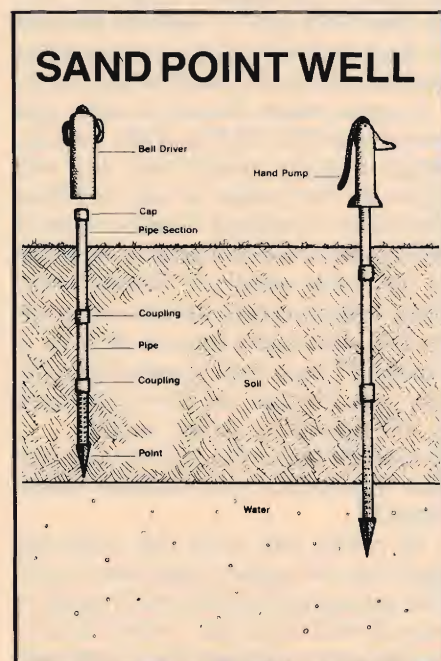
As dirt, rock, and sand are removed from below the casing, the casing can be pushed down and other sections added to the casing from above. The maximum practical depth for a cased well driven this way is about 50 feet with sandy soil being most ideal for

putting down the well.

Moving the bail up and down is best done by building a small hoist above the well and then dropping the weighted bailing bucket straight down the casing shaft; a pulley really helps when it's time to hoist the bucket and dirt up out of the well. This task is quite a job and best done by a number of strong men with a tractor, car, or other motorized vehicle being most ideal for making the work of hoisting the bail bucket go more easily.

Once the casing has gone down far enough to reach water, getting the water up out of a cased well is usually achieved by placing an electric pump toward the bottom of the casing. But it is also possible (and more practical in many survival situations) to place a pipe inside the casing and use a pump on the surface or — if a pump isn't available — to simply drop a bucket or similar container fastened to a rope down into the well and then pull it out after it has filled with water. If time permits, a weighted bucket with a rubber valve on its bottom can be made which will greatly speed up this process.

It should also be noted that cased wells are very common in some areas of the country. During an emergency, it would be possible to decouple and remove electric pumps from these wells and use a bucket, can, etc., on a rope or string to bring water up out of the well. This would be slow going but could be used to supply drinking water when none was otherwise available.



**Pumps** — A wide array of other types of pumps have been created and some very simple and reliable hand pumps are still available commercially. These pumps were widely used in the 1800s and early 1900s in the U.S. I remember seeing my grandmother use a hand pump which was the sole source of water for my grandparents' whole household.

Two of the best-known, and still available, of these pumps are the Dempster pump (Box 648, Beatrice, NE 68310) and the Monitor pump (133 Enterprise St., Evansville, WI 53536). Prices of these range from around \$90 to \$300 or more depending on the options you need on them (like drinking fountains!), volume you'll be pumping from the well, and the depth of your well.

In areas which have a steady wind from time to time (of 5 mph or more),



a windmill is one of the time-honored ways of getting water out of the ground on a steady basis. Windmills are a bit unsightly and need to be about 15 feet above surrounding trees and buildings to function well; this makes them undesirable to many.

But the windmill has a lot of plusses. When coupled with a storage tank (preferably inside in areas where the temperature gets below freezing), the windmill can supply a large amount of water to a household and, when used with a pressurizing tank and pump, the water can be supplied with enough pressure to make the water flow freely throughout the house even if the tank is lower than the fixtures. Dempster (address above) and Heller-Aller (corner of Perry and Oakwood, Napoleon, OH 43545) are the two best known companies which make windmill pumps.

Placing the well slightly uphill from a house and using a storage tank can also create running water of sorts for use by household members. A third way of achieving this with cased wells is to use a windmill or other source of power to compress air which, in turn,

runs an air-driven pump located at the bottom of the cased well. This gives the user water whenever the tap on the end of the system is turned so that running water flows from household water fixtures just as it does "in the big city." One maker of such a pump is Stauffer's Machine Shop (RD 3, Pleasant Valley Rd., Ephrata, PA 17522); cost is around \$300 to \$400 depending on the size and capacity of pump needed.

Electric water pumps might be an option to those who have emergency generators. As with the windmill or the hand pump, the electric pump can be coupled to a pressurized storage tank so it's possible to run the pump for only a short time to supply your household for a long period of time with running water. Gasoline pumps are also available and can be used in the same manner for those who don't have an emergency power generator.

Regardless of what type of pump you use, if it is used only intermittently, chances are good that it may "lose its prime." This means that the air-tight seal is lost and the water in the pump and pipe leading from it down into the

well drops out of the pipe. Many pumps can't overcome this problem without water being added to the pump to "prime" it. Thus, anyone needing water must be prepared to sacrifice a few gallons to get things started. This can be an important point to keep in mind during an emergency.

It is also wise to have spare valves for pumps since these seem to be one of the first parts to wear out. Follow manufacturer's recommendations on lubrication and use and a good pump should last a long, long time.

Whether you "plan ahead" and get an emergency well sunk in your back yard now, decide to get your own well so you can get away from being dependent on someone else for your water, or simply give it a "good think" so you'll know how to create a well if you ever have to during a long-term disaster, you don't need to be thrown into the Dark Ages should your local utilities and water works shut down. Like the pioneers of a century or two ago, you can drill your own well and drink water secured through your own know-how and the sweat of your brow. ●

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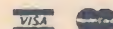


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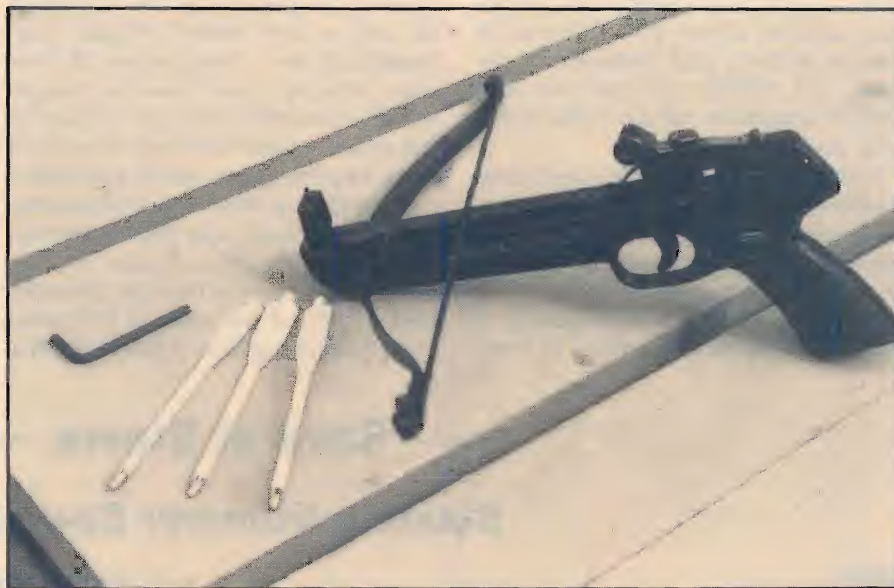
## Staff Evaluation

**T**he RX5000 pistol crossbow is small but with its 50-lb. draw weight and bolt velocity of 150 feet per second it definitely isn't a toy.

The crossbow comes with an all black diecast gun body, and suspension steel bow. It has a fixed front sight and a micro adjustable rear sight. It also comes with three target bolts made of plastic with aluminum heads, one polyester bow string, instructions and a hex wrench for securing the bow to the body.

We tested the RX5000 using a stiff double thick cardboard box for a target. When the first arrow bounced off we thought the cardboard was going to be too tough for the arrows, but that proved to be a fluke. After the initial shot, every arrow penetrated two to three inches.

We paced off about 20 feet at first and got used to the sights and practiced cocking the powerful bow. Both hands are used to draw back the string by resting the thumbs on the pistol grip and fingers on the string to pull. A small arm holds the bolt in place, ready for firing. The crossbow could theoretically be shot upside down and

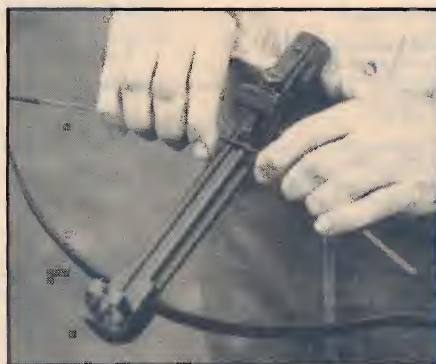


the arrow wouldn't fall out.

We next paced off 30 feet and tested the sights for accuracy. The bolts still hit with impact and we were surprised at the tight groupings we achieved in the black bulls-eye area.

The RX5000 is available for \$69.95 each or two for \$119 and three for

\$150. Additional arrows come in packages of 10 for \$12. Extra strings cost \$5 each. Also now available are twin-bladed broadhead arrows for \$38 a dozen. Add \$3.50 for shipping and handling. Order from Misty Mountain Products, Dept. ASG, P.O. Box 1353, Fairfield, CT 06430, (203) 367-7334. ●



ABOVE — Cocking is not difficult but as with larger crossbows requires use of both hands.

LEFT — The RX5000 is quite accurate. These hits were made shooting 30 feet from the target without a rest for the crossbow.



The front sight is a bead. Rear sight is a square notch/click adjustable for windage and elevation.



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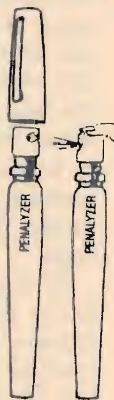
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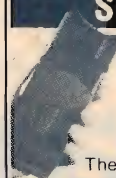


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Staff Report

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All the food is fresh stock stored in heavy duty number 10 cans with a storage life of seven to 10 years. It consists of 13 storage cartons including 75 number 10 cans, lids, and a cookbook for planning and preparing the food. The unit stores in a space only 18½ inches by 24 inches by 44 inches and will fit nicely in most closets. It will provide 1,500 calories per day for one person for up to a year or a family of four for three months.

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The single-can retail value of this unit is \$1,450 but is being offered as a unit for only \$475 or \$450 each for three or more units.

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**TO:** Troops  
**DISTRIBUTION:** All

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**Para 2. Item 2-1 Collectors! 8x56R (c/be)** made in Hungary. **Nazi head stamp**. 5 rd per stripper, 2 strippers per box. Perfect for your Austrian Mannlicher. \$2.95 box. **Item 2-2** From Swiss military supply arsenal in Bern, **7.5 Swiss ball (nc/be)** for your Schmidt-Rubin, \$5.95/box of 10. **Item 2-3** Genuine Russian **7.62x54R (c/be) AP** in stainless stripper clips. Your Moisin Nagant will love it and so will you (Russian arsenal stamp is on the stripper clip). Limited supply. 5 rds per stripper, \$3.25 per stripper. **Item 2-4 7.5 French (c/be)** for your MAS. French Foreign Legion surplus \$5.95/20 rds.

**Para 3. Item 3-1** Two new **H&K 91 mags loaded w/40 rds** of Czech 7.62 NATO ball (c/be) w/unissued German Army pouch \$38.50. **Item 3-2** Your choice **FN-FAL alum or steel mags loaded w/same ammo and in same unissued pouch** \$17.95. **Item 3-3** Two new **M14 mags new, loaded w/same 7.62 ammo in canvas web M14 pouch** \$17.95.

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(PRIMERS USED)

nc = non-corrosive

c = corrosive

bo = boxer primed (reloadable)

be = berdan primed (non reloadable)

ap = armor piercing

SAMPLE: n/c-be = non-corrosive, berdan primed (not reloadable)

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# Rappelling

*The art of descending a rope...*

By Scott Stoddard

**A**LTHOUGH rappelling is statistically one of the most dangerous things a climber will do, it can actually be the safest way of descending a mountain.

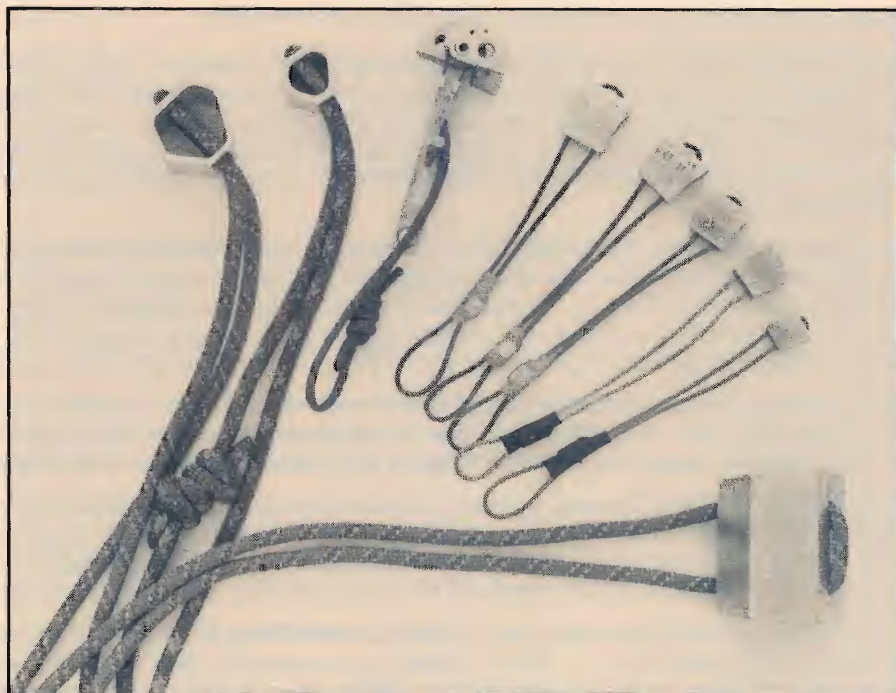
A climbing party will often face the decision of having to backtrack across miles of rough terrain in order to find an easier route down. Downclimbing certain slopes can be highly risky, whereas a quick rappel down an otherwise impassable wall saves time and lessens the danger.

Rappelling in its simplest form is nothing more than sliding down a rope that has been anchored to the mountainside above. The climber uses friction against the rope to control speed and progress. Slopes of any angle including smooth vertical walls and even negative angle overhangs can be successfully negotiated as long as the rope reaches the ground.

Why learn to rappel? I have often asked myself, what good is rappelling if I will never become a serious alpinist? Like learning cardiopulmonary resuscitation (CPR), you may never have occasion to use this special knowledge to save a life. You might, however, use rappelling techniques to descend into canyons and obtain inaccessible water. Stranded hikers can be rescued, and people threatened by fire can flee buildings by descending a rope.

This article should not be considered a lesson on rappelling. Mountaineering techniques can be useful survival skills, but it is extremely important to learn under the supervision of a trained adult (See list of climbing schools at the end of this article). Learn and practice with good instructors and always use equipment tested and rated for climbing. A little knowledge used improperly can lead to disaster.

On August 16, 1986, a father and his two sons were rappelling at Table Rock, a popular training area in North Carolina. Their equipment was a few carabiners and some Goldline rope. Seat harnesses were improvised using some of the Goldline.



Anchoring equipment known as hexcentrics, friends, and stoppers are placed in cracks for anchors and for protection against falls.

The older son, age 12, clipped in to the rope to rappel using a single wrap around a carabiner. Under direction from the father, the nervous boy backed over the edge out of sight. About 10 seconds later, there was a long scream and then a thud. After a few seconds the screaming started again, the father running over to the edge to see his son alive but injured and going into shock.

The boy's back was badly abraded (scraped) indicating that he had been out of control. His ankle was badly sprained. He had fallen about 36 feet wearing shorts, running shoes, but no helmet. This accident illustrates what inexperience, improper equipment, and insufficient safety backups can lead to.

The climbing rope is your lifeline and should be kept clean and free from nicks and cuts. An important rule to remember is "never step on the climbing rope." If you accidentally do, be prepared for an immediate lecture by the owner of the

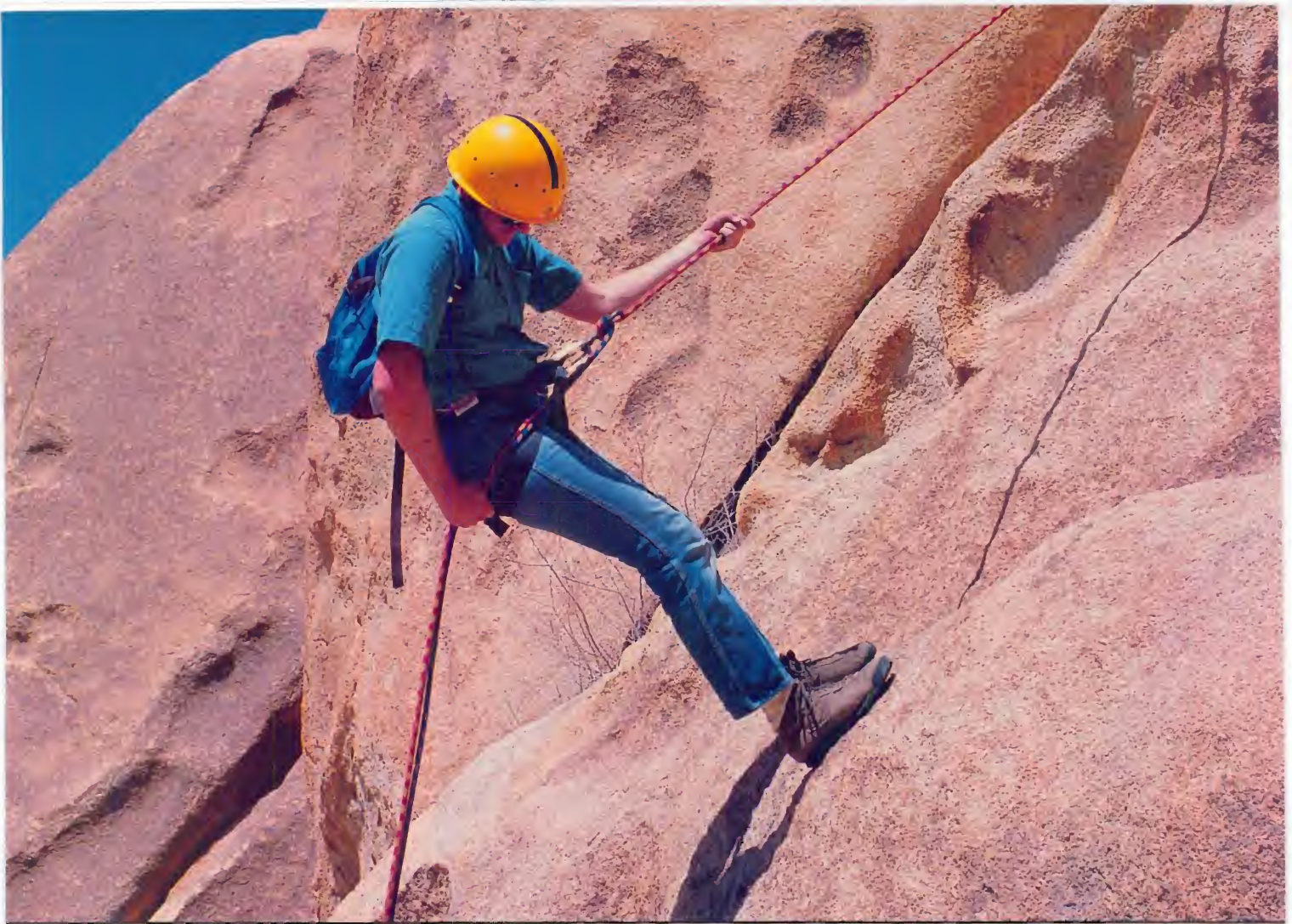
rope! Stepping on it will weaken it by grinding tiny rocks into its core.

Before anyone can descend the rope, an anchor has to be found or created. An ideal anchor would be a thick tree with sound roots, or a rock horn that is solid and "bomb-proof." The climbing rope is simply wrapped around the anchor, and the person rappels down the doubled up rope. Once at the bottom, one end of the rope is pulled down causing the rope to fall to the ground.

If these ideal anchors cannot be found, climbing equipment known as stoppers and chocks can be wedged into cracks and attached to the rope using gated oval clips called carabiners. When these methods are used, multiple anchors should be set to insure a fail-safe backup system.

Unfortunately this equipment must be left behind once the last climber has reached the bottom and the rope is pulled down.





**Dulfersitz Rappel** — The simplest form of rappelling needs no harness or descending ring. Called the Dulfersitz rappel, you begin by straddling the rope as you face the anchor. Bring the rope forward around the hip, up across the chest, and over the opposite shoulder. Now bring the rope down the back to be held in the braking hand on the same side as the wrapped hip. The other hand is used to hold the rope above the climber and maintain an upright position.

This method can become extremely uncomfortable because of the friction the rope causes around the hip and across the shoulder. It is also very easy to fall out of rappel if you twist to the side or let go of the rope.

For more comfortable rappelling, a harness can be constructed using nylon tubular webbing. Starting with about 10 feet of webbing, tie the ends together with a double fisherman's knot to form a large loop. Start with the loop behind the back and bring the ends around to the front, including a loop from between the legs. These three loops are clipped together using two carabiners.

The most comfortable harnesses are



those commercially made. Before using a store-bought harness, read the instructions for tying in. Many climbers have fallen because they didn't loop straps back through the buckles.

When using a commercial harness a descender ring is used to control the rate of descent. The rope is wrapped around the ring and creates friction. By letting the rope pass through your brake hand to the descender ring you can control your speed. Hold tight on the rope and you'll stop.

All right, you've found the perfect anchor, and tested it with all your weight and might. Your harness is strapped on

**ABOVE** — Don Puckett rappels down the coarse granite at Joshua Tree National Monument in California. Note his stance in relation to the slope.

**LEFT** — A camming device called a "friend" is used as an anchor. The friend can be placed in cracks that flare out.

The rope is wrapped around the figure 8 ring which in turn is attached to the harness with carabiners. Before descending, carabiner gates should be arranged in opposition for added safety.







Kevin Woolf nears the edge of a balancing boulder 100 feet above the ground.

and all buckles are doubled back. Your rope is correctly wrapped around the descender ring and your descender is carefully clipped into the harness with two carabiners. Everything is set to go but your courage. It just doesn't feel natural to be leaning out over a 50-foot precipice.

Starting out can be the most nerve-racking part of a rappel. You have to force yourself to lean out so your legs can get perpendicular to the slope. Do this by standing still with feet spread shoulder wide. Now slowly loosen your brake hand so that rope passes through the descender ring. When your legs reach a 45-degree angle in relation to the slope you are ready to begin the rappel.

Walk down slowly, feeding the rope

through the friction ring to maintain the correct stance. People will say, "don't look down," as a way of helping you overcome fear. Rappelling is like walking backwards. It's important to look where you're going so that undercuts and fissures won't be a surprise. Before you know it you'll be down at the bottom with a new sense of exhilaration and accomplishment.

**Accidents** — Most accidents in rappelling are the result of anchor failure and human error. On July 31, 1984, Daniel Meteer, 30, and Christopher Page, 32, were descending after an unsuccessful attempt to climb the North Ridge of the Middle Teton in Wyoming. They came to an ever-steepening terrain that led to

a vertical wall. Meteer selected a horn jutting some 12 inches out of the dirt and gravel ground. After attaching his rope to the rock, and without striking or shaking the rock to test it, he started down. Page watched in disbelief as the rock "about three feet by 2½ feet" pulled out and tipped forward. Meteer, seeing the anchor fail, reached for a handhold, and then started to bump downwards, disappearing over the lip of the headwall. He fell about 240 feet to his death.

Safety and backup procedures are so important. Where loose rocks are present, always wear a helmet. Even tiny rocks can kill once they begin high speed skipping down a slope. My friend received a mild concussion after a one-inch rock bounced down and struck him on the head.

To insure against anchor failure, find and set multiple anchors. If one pulls out, two or three others will hold. So that you don't rappel off the end of a rope into free space, make sure the rope touches the ground or a safe ledge. You can also tie a knot at the end of the rope to prevent the end from going through the brake system.

On really long rappels a climber can be belayed. With a separate rope tied to your harness, a buddy can anchor himself apart from the main rappel anchor, and feed out line as you go down. If the rappel rope fails, or the climber becomes incapacitated, the belayer can safely lower the rappeller with the belay line.

My stomach still feels like it has drop-

*(Continued on page 28)*



A helmet is very important when a rappeller goes over the edge.



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For **survivalists** the EMP threat is to any of their equipment and supplies which use electronic components. Everything from radios and electronic watches to the **Electronic Ignition and Control Systems** found in newer vehicles is subject to the destructive force of EMP. By Michael Pletrantoni (article appeared in American Survival Guide 86).

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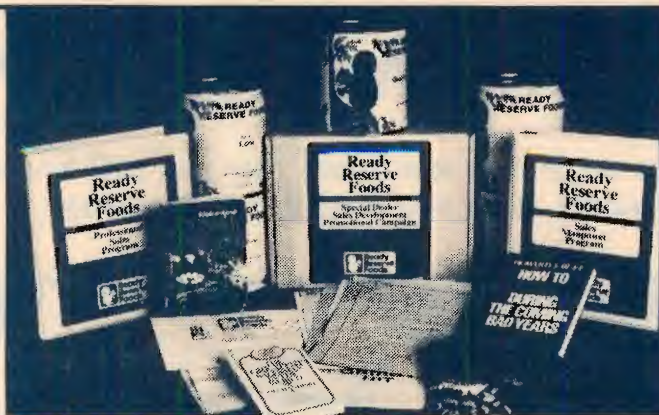
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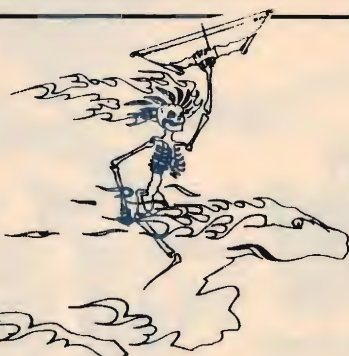
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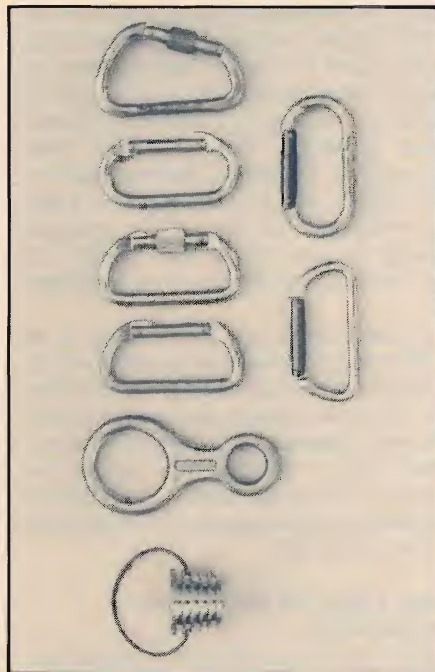
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## Rappelling

(Continued from page 26)

ped through a trap door each time I begin to lean over the side of a 100 foot slab of granite. After the basic fear subsides, I enjoy the sights and revel in the fact that I can walk down the face of a vertical wall. The fear is good. With vigilance and constant attention to detail, constant checking of ropes, carabiners, harnesses, and anchors, I am assured another great trip down. ●



Descending rings and carabiners are used to belay and rappel. Locking carabiners are used for added protection.

### For information on climbing schools:

**Adirondack Alpine Adventures**  
Dept. 101, P.O. Box 179,  
Keene, NY 12942,  
(518) 576-9881

**American Alpine Institute Ltd.**  
1212 24th M-83,  
Bellingham, WA 98225  
(206) 671-1505

**High Angle Adventures**  
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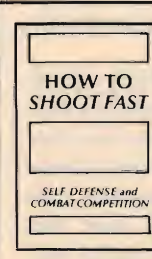


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# Plague

*Black plague, as it's sometimes called, is transmitted through a very distinct series of events. . .*

By G. J. Sagi

**W**HEN the Tartar armies under the command of Kipchak Janibeg besieged the Black Sea trading port of Caffa for a year, they suddenly found themselves overtaken by a mysterious plague. According to Geoffrey Marks in his book *MEDIEVAL PLAGUE*, it was killing the soldiers at such a fast rate that they were "fatigued, stupefied, and amazed" into full retreat by 1347.

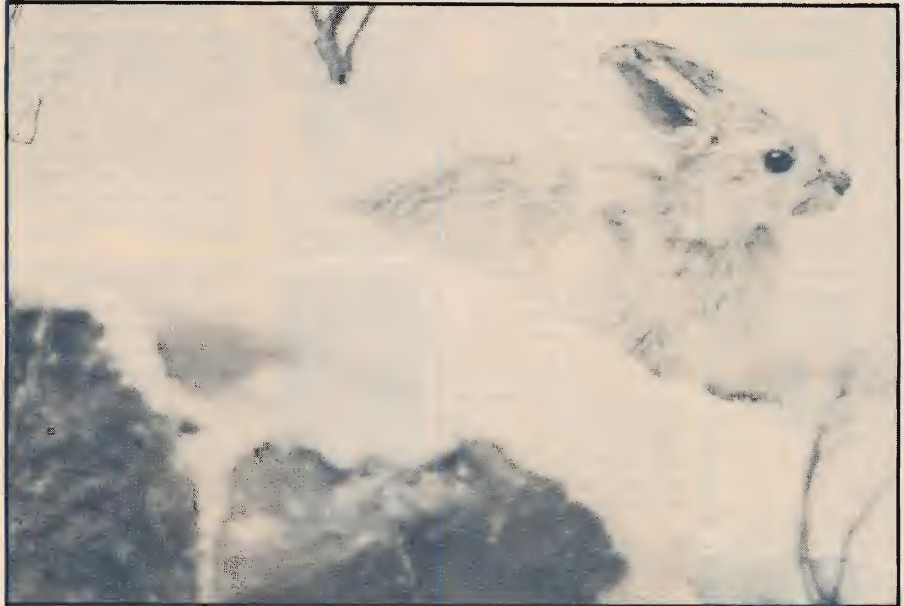
Before Janibeg called off the attack though, he decided to give the defenders a taste of what his men were suffering. Loading the catapults with his soldiers' corpses, he launched them into the city. Soon the inhabitants, totally encircled and unable to properly dispose of the remains, found themselves infected by the same deadly disease.

When the siege was finally lifted, sailors once trapped by the fierce battle, again were able to leave the city. Unfortunately they carried with them and into Europe, the infection that according to some, would start the Medieval Plague. By conservative estimates, this early form of bacteriological warfare would ultimately result in 25,000,000 deaths. Others say it claimed up to 50 percent of that continent's population, or nearly twice that amount.

Several hundred years later in 1763, General Jeffrey Amherst, offered smallpox-infected blankets as gifts to nearby new world Indians. Though perhaps more esthetically pleasing as a method of biological warfare, the results were just as devastating.

Unlike smallpox, the plague still exists, and in certain remote regions of the Western United States, actually thrives.

Only last year, a Phoenix hunter killed a rabbit, but was forced to discard the meat because it smelled and looked abnormal. Some three days later, he was sick enough to enter the hospi-



Rabbits and hunters are the chief way plague and humans come in contact.

Human cases of plague by sex and ethnic group in 5-year periods  
Arizona, 1950-1984

Years	Indian			Non-Indian			Total by Sex		Total
	M	F	Total	M	F	Total	M	F	
1950-1954		1	1					1	1
1955-1959		0	0					0	0
1960-1964	1		1				1		1
1965-1969	1	2	3				1	2	3
1970-1974				1	1	2	1	1	2
1975-1979	4	5	9	4	3	7	8	8	16
1980-1984	12	6	18	1		1	13	6	19
TOTAL	18	14	32	6	4	10	24	18	42

STATISTICS PROVIDED BY THE ARIZONA DEPARTMENT OF HEALTH

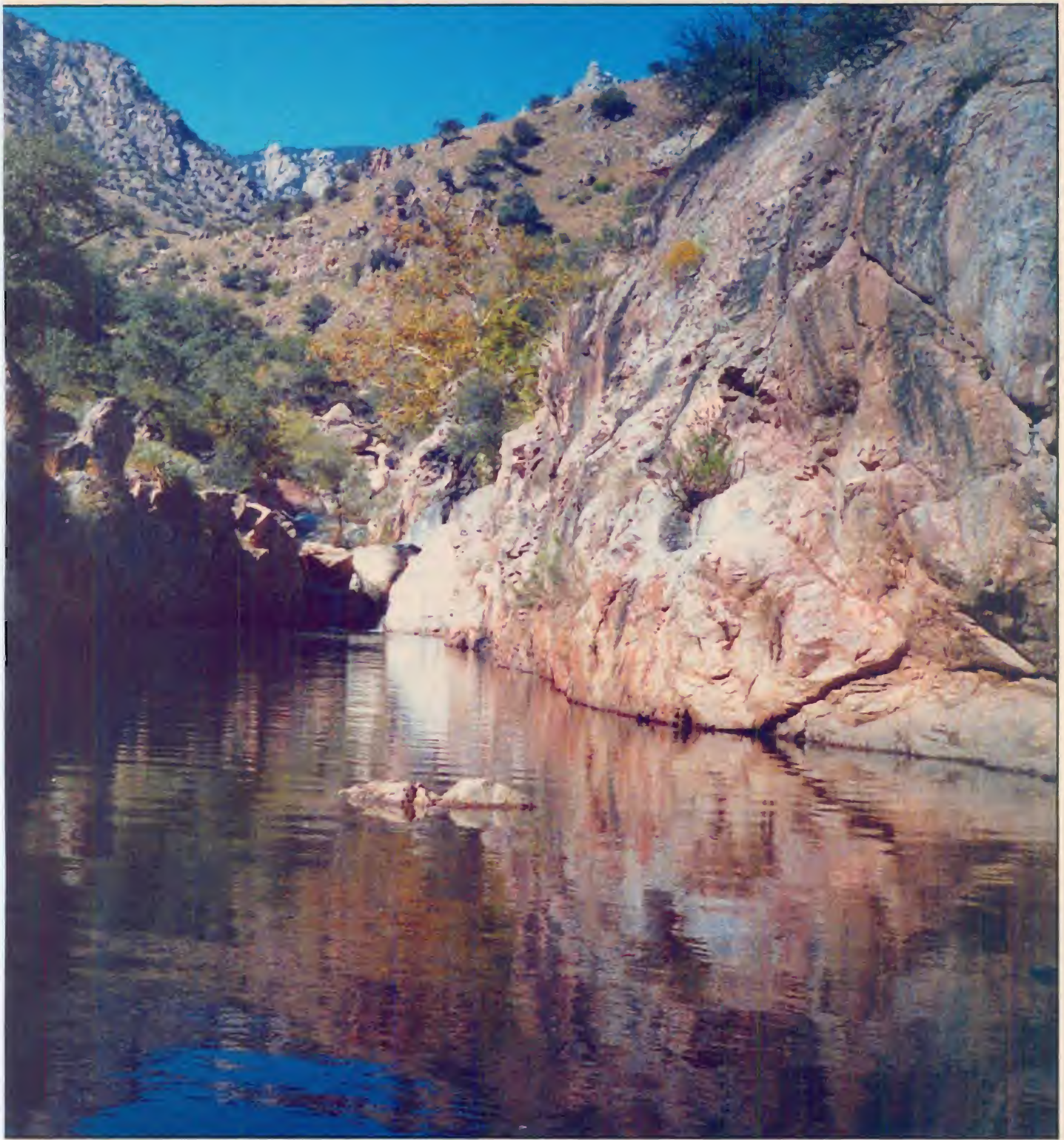
tal. In an hour and a half, he died of what would subsequently be diagnosed as bubonic plague.

Prompted in part by the incident, the U.S. Department of Agriculture released some shocking statistics in August of 1987. In Cochise County Arizona (where heavily visited Chiricahua National Monument is), 81 percent of all carnivore blood samples taken

had plague antibodies. Three of three coyotes from nearby Rucker Lake were plague positive.

Near Williams, Arizona, 6 of 12 coyotes tested positive. North of Flagstaff, prairie dogs in a one-square mile area of Doney Park (off U.S. Highway 89), were dying off from the infection. In Greenlee County (which borders New Mexico), one of three black bears and





Encounters with animals near high altitude watering spots like these might leave you with good memories, or the plague.

one mountain lion had the antibodies. Near Prescott, Arizona, 8 of 10 coyotes were plague positive, and 10 of 18 carnivores tested with the infection.

In fact, since virtually every county in Arizona tested with some plague activity, the Arizona Department of Health Services later issued warnings that advised “campers, hunters, and other recreationalists to follow some

basic precautions to avoid exposure when enjoying the outdoors.”

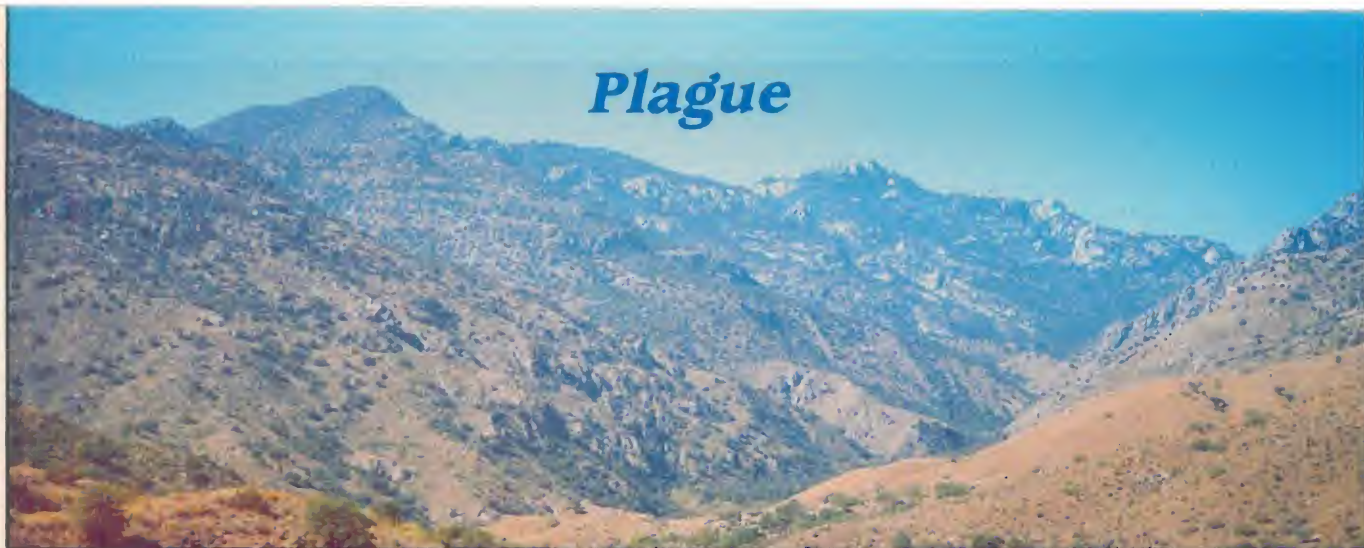
Though it’s possible to encounter plague virtually anywhere, *Arizona Outdoor News* reported that the most susceptible areas are those “parts of northern and eastern Arizona at elevations of 4,500 feet or higher.”

**Yersinia Pestis** — A small rod shaped

bacteria, *Yersinia pestis*, causes the “plague.” It reproduces at such a high rate, that the number of organisms in an infected person can actually double every two hours. It usually affects small rodents like rats, mice, prairie dogs, and ground squirrels, but can be transmitted to larger animals such as rabbits, bears, coyotes, bobcats, and where it counts most, man himself.



# Plague



Rugged mountainous terrain is where the plague first concentrates.

Black plague as it's sometimes called, is transmitted through a very distinct series of events. Typically a flea bites an infected rodent, and ingests the bacilli as part of its blood meal. There the bacteria reproduce at such rate that the flea's mouth and stomach actually become blocked. When the flea finally abandons the dead or dying rodent, it begins to frantically search for another host. Once on the new animal, the flea attaches itself, but must first clear the blockage from its mouth to eat. This is accomplished by ejecting the contents of its stomach. The plague has now successfully been spread to yet another victim.

If it happens to be a human that's infected, symptoms typically develop in two to eight days. At that time, the victim's temperature will rise suddenly (to 103 to 104 degrees), and will be

accompanied by nausea, headache, and exhaustion. Lymph nodes, teaming with bacteria will swell. These buboes, as they're called, will usually appear in the groin or armpits, and are painful enough to keep the victim from moving.

Though today's doctors are armed with specialized and potent antibiotics, 14 percent of all cases diagnosed in the United States are still fatal. In fact, it can be so severe in its pneumonic form (where the bacilli affect mainly the victim's lungs), that it's possible for the disease to run its entire course and death to occur within 24 hours.

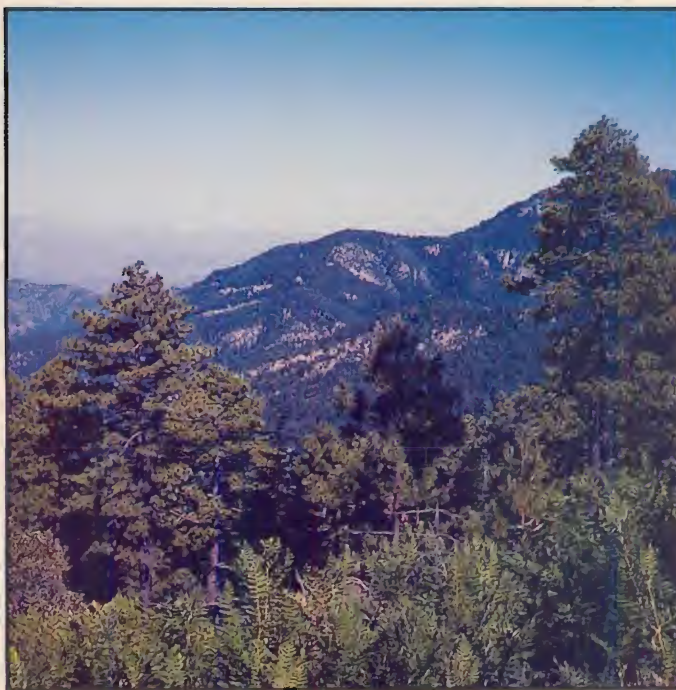
The best remedy, as with most seriously contagious diseases, is to avoid exposure by religiously following certain preventative measures. First and foremost, you should never create (or camp by), any rodent or small animal

food supplies.

Many claim the chief reason plague spread so fast in Europe, was improper sanitation practices. Trash, rotting food, and even defecation that littered the crowded streets, proved perfect breeding grounds for carrier rats and mice. Unfortunately illegal dumps in the Western U.S. are on the increase as is the plague. Both proper waste disposal, and food storage practices, whether in the back woods or big city, are two of the best ways to minimize exposure.

Anyone entering an area known to be affected by the plague, should adhere to certain precautionary measures (hunters in particular).

**NEVER VENTURE TOO CLOSE TO RODENT NESTS OR BURROWS.** Even though the infected animal may be absent or dead, fleas have been known







Illegal dumps like these are where you're more likely to encounter plague-infested animals.

to survive for considerable lengths of time in the confines of a nest. Should you accidentally fall in, or foolishly dig there, you could very well be the next victim.

**BEFORE YOU GO OUT, TREAT ANY AND ALL EXPOSED AREAS OF YOUR SKIN WITH A GOOD INSECT REPELLENT.** Not only will this make you more comfortable as the day wears on, but you become a less inviting target for hungry fleas.

**WEAR SURGICAL QUALITY RUBBER GLOVES ANY TIME YOU CLEAN AN ANIMAL.** This lets you avoid both direct contact with what might be an infected animal, and the fleas living on it.

**NEVER KEEP OR EAT MEAT THAT LOOKS QUESTIONABLE.** For the untrained eye, it's almost impossible (and dangerous) to try and determine

if the animal is infected. It will however, smell bad, look sick, or look swollen internally. The best rule of thumb is, if there's any question, simply discard it. A coyote or another carnivore will discover it soon enough, so you're really not letting anything go to waste. You might even take it a step further, by following the old hunting adage: If it's not moving, don't bother.

**NEVER FEED WILD ANIMALS, WHETHER FRIENDLY OR NOT.** Remember unlike rabies the animal will not go "mad." And it is possible to contract the disease by infected saliva entering through an open cut, or any mucous membrane. In other words, should you feed an infected rabbit or squirrel, and then do something as innocent as rub your eyes, nose, or mouth, you stand a chance of catching it.

**Pet Owner** — Anyone with a pet suffers a higher risk of being exposed. Additional precautions for pet owners include:

**KEEP THE PET ON A LEASH.** The more your pet roams, the higher the chances of encountering an infected animal. Dogs love to chase rabbits, and digging seems to be a full time job. Unfortunately, both are considered high risk as far as the plague is concerned.

**KEEP A FRESH FLEA COLLAR ON THEM AT ALL TIMES, AND PERIODICALLY DUST THEM WITH A GOOD POWDER.** Once again, the collar and powder makes for a much less inviting target.

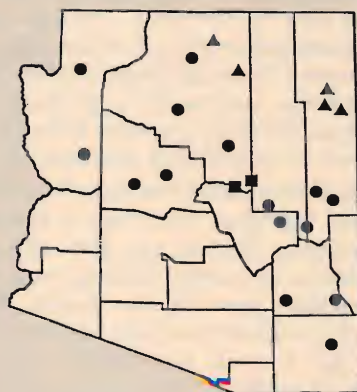
**NEVER APPROACH OR INSPECT A DEAD ANIMAL.** If it died of plague, odds are pretty good that a number of fleas are looking for a new home. This is particularly true for that curious dog, who always loves to discover new smells, no matter how revolting.

By now, you've probably been scared out of this year's camping trip. But, the Arizona Department of Health Services stresses that though bubonic plague is currently common in certain animal populations, it is very rare in humans. Their statistics show that for the period between 1980 and 1984 only 19 cases of Bubonic plague were confirmed in Arizona. From 1975 to 1979 only 16 humans contracted the disease in that state.

Anytime you're in the wilds, you risk exposure to a number of diseases, including giardia, plague and even rabies. While the statistics can be quite alarming, we need not curtail our outdoor activities.

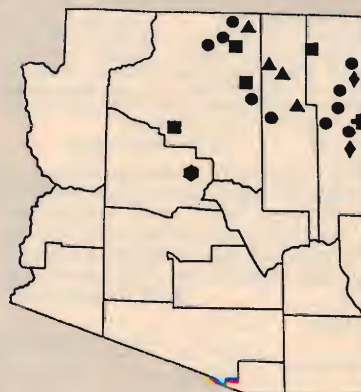
By simply recognizing the inherent hazards sometimes imposed by our wonderful outdoors, and reacting in a prudent, safe manner (like following these simple precautions), we'll always be able to enjoy it. ●

**THE DISTRIBUTION OF CARNIVORES SEROLOGICALLY POSITIVE FOR PLAGUE ANTIBODIES IN ARIZONA, 1986**



● COYOTES  
▲ DOGS  
■ BEARS

**HUMAN CASES OF PLAGUE IN ARIZONA, 1980 — 1987**



▲ 1981  
■ 1982  
● 1983  
◆ 1984  
+ 1986  
● 1987



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## Books/Videos

(Continued from page 15)

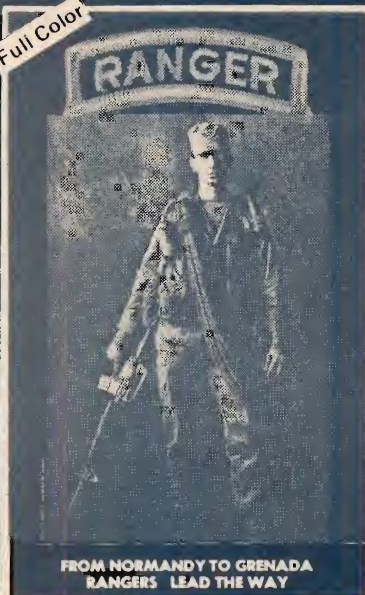
cussed in detail, as are radiation detection and protection equipment. The book ends with the subject of decontamination and an outlook on a future following an accidental nuclear dawn. All in all, a well researched and highly readable work on a subject that, like it or not, concerns us all.



Rock n' Roll #3, Sexy Girls & Sexy Guns, Lenny Magill Productions; 60 minutes, \$59.95 plus \$3 shipping; Available both in VHS and Beta from Mail Order Video, Dept. ASG, 7888 Ostrow Street #A, San Diego, CA 92111; (800) 942TAPE; In CA (619) 569-4000.

Mail Order Video has a catalog of interesting videos dealing with machine guns, and other weapons. *Rock n' Roll #3* features 14 California beauties firing the fully automatic UZI, Mac-10, M-16, MP-5, AK-47, M-14 and more. The women don't wear eye protection and a few times gun muzzles swing toward the camera, but the tape has worthwhile information and is interesting and fun to watch. The tape incorporates state of the art production techniques with computerized digital effects, graphics, and specially produced rock music. Machine guns are shown being fired in normal and slow motion, giving viewers good examples of the full-auto operation. This tape is certainly unusual. That is, you don't often see bikini-clad women blazing away with machine guns in the desert. Other titles available include: Machine Gun Video #1 and #2, Deadly Weapons, Deadly Effects, Concealed Weapons/Holsters, Anti-Terrorism Weapons/Tactics, Navy SEALs, SWAT Tactics, Green Beret Vo. #1 and many more. ●

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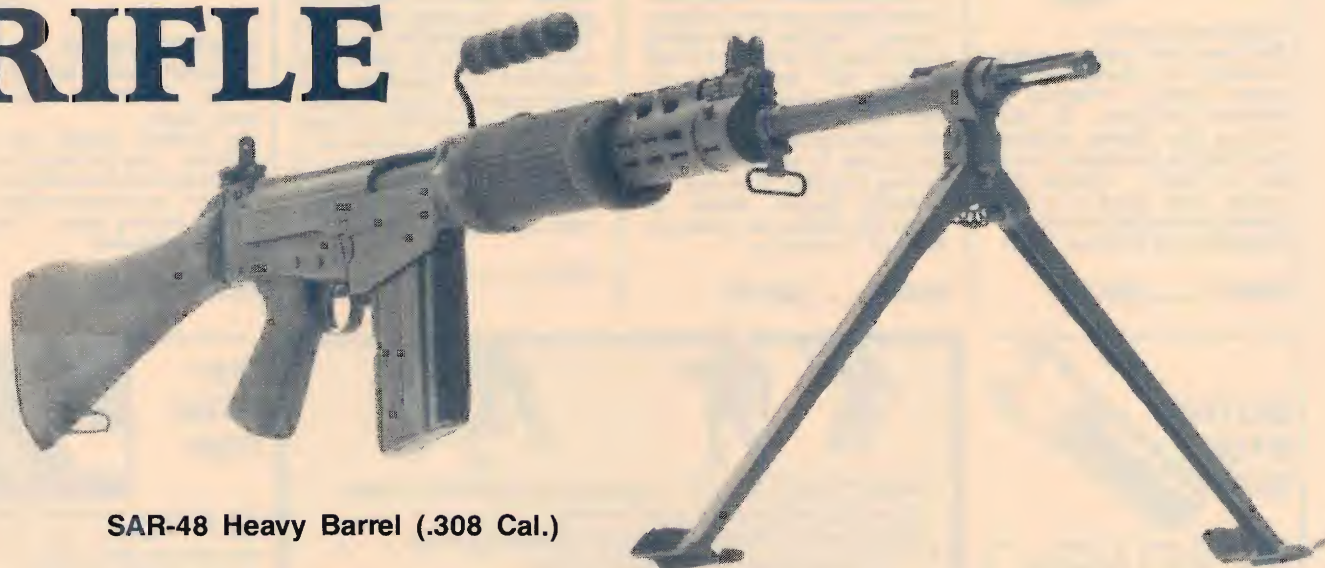
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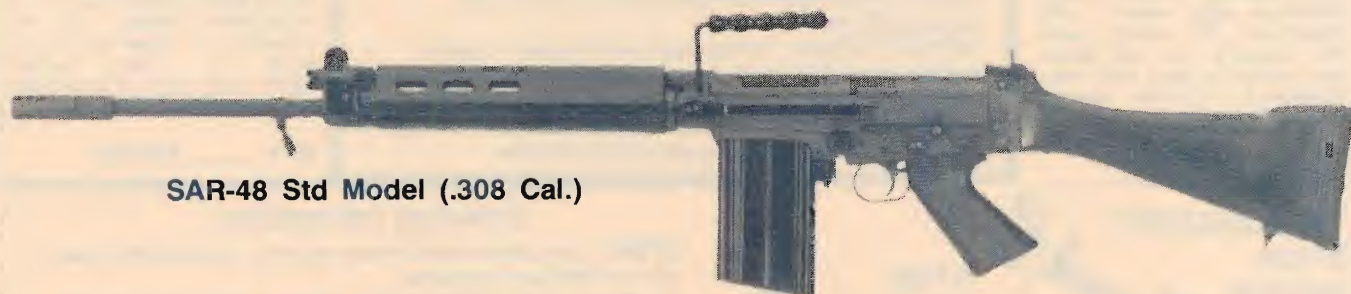


Springfield Armory:

# SAR-48 HEAVY BARREL RIFLE



SAR-48 Heavy Barrel (.308 Cal.)



SAR-48 Std Model (.308 Cal.)

*With a few finishing touches, this weapon could easily win matches or dominate firefights. . .*

**By Jim Thompson**

**S**AR-48 is Springfield Armory's semi-automatic version of the FAL, and SAR-48 HB is the semi-automatic, Heavy Barreled version of the squad automatic weapon used by Brazil, Israel, Peru, Australia, and Canada, among others.

The "original" is, of course, the Belgian *Fabrique Nationale* FAL, itself a simplification and refinement of the SAFN M.1949. The nomenclature of Springfield's rifle, using a Brazilian receiver and Israeli parts elsewhere, pays tribute to T-48, the experimental FALs built by H&R (500) and High Standard (13). This heavy-barreled unit,

except for the automatic fire provision, is something the U.S. Army felt — foolishly, as it turned out — the FAL could not be.

In direct competition against T-44, which became M-14, T-48 came out the loser. In the long run, of course, M-14 never did what was expected of it . . . nothing less than the replacement of all other small arms from the pistol to the B.A.R. and light machine gun. Because of its conventional design, it was especially muzzle light and therefore nearly impossible to control in automatic fire. M-14 was and is a fine, superbly accurate rifle; but whoever

in the military rejected FAL was at least premature, at worst . . . much worse.

M-14 has been replaced by a .22 rifle of very limited range and power which many claim will prove inadequate if its next combat use is in open country. FAL, while replaced or supplemented in many armies owing to high procurement costs, is still the standard infantry rifle of much of the world, and has in fact provided those armies which use it with the versatility our Army expected from M-14 and never got.

All this came at a price. SAR-48 HB is a heavy weapon. I've fired FALs of



this configuration in the fully automatic mode (about 650 r.p.m.), and obtained somewhat fewer hits than with the four-pound heavier U.S. B.A.R. M.1918A2. Interestingly, that FAL rifle required a little tuning and polishing to be 100 percent reliable, but after that, never coughed. With a lower rate of fire, I had the feeling hit ratio would've equalled the B.A.R. The advantage of this to a military unit is that all weapons in a squad are field compatible, that is, nearly all moving parts, ammunition, and magazines can be shared, thereby eliminating a lot of stoppages.

The theoretical advantage of the SAR-48 HB in sporting applications is a little more subtle. The heavy barrel should dissipate heat, thus tightening groups in sustained fire or match events. Recoil should be much reduced, and recovery faster. The bipod is of the sturdy, useable type.

The practical advantages are somewhat dissipated by a raspy, 11-pound trigger pull on my test rifle (which makes absolutely no difference if you're firing rested or from the bipod, prone), and by an overly large rear sight aperture, obviously intended for light machine gun applications. An immediate trigger job and change to the standard FAL rear sight aperture would eliminate both problems.

I fired well over 1,000 rounds through the SAR-48 HB, completely without jams or other malfunctions. Parts — reconditioned or new Israeli, except for the brand new Brazilian receiver — were first rate in every way, and except for the trigger, well-fitted and adjusted.

Federal's 168-grain Sierra Boat Tail hollow point Match, Norma's similar 168-grain Match, and RIO-CBC 150-grain FMJ comprised the lion's share of the ammo fed to this rifle. Also digested were smatterings of IMI-Samson 150-grain "hardball" and some strange surplus Latin American armor piercing of mixed headstamps and funny looking tarnished cases. After a certain amount of function testing — about 200 rounds — I became annoyed at 4½-inch groups, I knew it was a matter of insufficient discrimination through the largish sight aperture, and fitted my 6-18 Tasco scope. Despite some trouble zeroing this unit — meaning I temporarily lost the appropriate Allen wrench — I was able to shrink 100-yard group size immediately to the 2-2½-inch size at the excellent Rio Salado facility here in Mesa, Arizona.

Later, loosening the mount rings and



Field stripping begins with rear movement of the takedown latch, snapping the rifle open like a shotgun.



The selector switch set on safety. To fire the rifle the switch is moved all the way clockwise.

properly tightening same and using a Bushnell BoreSighter, the anonymous Latin American armor piercing made one nasty, ragged hole of 20 rounds at 100 yards. At 300 yards, with the Tasco at 18 power, the Norma round put five rounds in just over 4 inches. Even rested and/or prone, these "peak" groups were not duplicated, but the rifle consistently shot under 3 inches at 100 yards with all loads, about 6½ inches at 300 yards. The Norma and Federal rounds were the most accurate, save for the anonymous surplus ammo, which would occasionally amaze. RIO-

CBC was not far behind. The IMI-Samson, close to Israeli issue, was identical in performance to the RIO-CBC. Perhaps most significant, unlike some semiautos, SAR-48 showed no real deviation in point of impact between all these rounds.

In long strings of rapid fire, groups suffered only very slightly. Accuracy dissipated slightly when the rifle was fired dirty, 100-yard groups opening typically by about an inch. Brass burnishing behind the ejection port also seemed to accelerate as the rifle dirtied, albeit this was external and only



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## SAR-48 Heavy Barrel Rifle



The rear sight is an aperture adjustable for elevation. Front sight is a post with protective wings and is adjustable for windage.

aesthetically annoying. When fired in excess of 500 rounds before cleaning, the gas system was only marginally dirty, and required no special cleaning techniques. My M-1 at that stage appears to have been painted black, inside and out, and though it doesn't generally malfunction, it seems at that stage right on the brink of stoppage. SAR-48 HB never equalled my M-1 in accuracy; but a lot of time, effort, and parts have been put into my National Match M-1, and I was testing SAR-48 HB right out of the box.

**Recoil** — Recoil-wise, this rifle is a pussycat. It looks stiff when viewed from the next bench. But several shooters put more than 200 rounds through this rifle in an afternoon, with only a yawn; nobody was sore the next day. During one particularly tedious period, I put 500 rounds down the bore in an afternoon. I was tired, my left forearm was stiff from the sling wrap, I smelled like oil and gunpowder, but my shoulder was fine.

Shooting SAR-48 offhand is strange. The rifle is so muzzle heavy that groups tend to string out vertically. It's more comfortable with the bipod removed, but I was disinclined to do so, since I would never do so in a fight. The carrying handle, a convenience on the standard FAL or SAR-48, is a necessity on this version, especially with this monster scope. The handle brushed the big optic, as did my knuckles, but nothing shook loose.

Toward the end of this test, doing some more casual shooting, I fitted a Mirador 3-9x40 wide angle, a somewhat more sensible scope for this rifle, and got an idea what this piece was like as a practical sniping rifle. Snapshooting this rifle this way seems silly,

but I was at the "game" stage of the test, looking for things I might have missed, not even shooting for group or keeping records of rounds, and found the rifle quick for its size.

I maintained and lubricated the rifle, except for the period of extended non-cleaning mentioned, strictly according to GI procedures, including the use of a homemade MDS and graphite grease in the upper receiver tube and trigger. Those who use light lubricants with this rifle have jams when the rifle gets hot, and/or parts wear prematurely. The same is true of virtually all firearms, but becomes more dramatic as cartridge power and rate of fire increase. Stripping the rifle is easy and fast with no surprises.

This is a quality rifle, in need of only a very few slight touches to bring it near perfection. With those touches, it could easily win matches or dominate firefights. Even as is, SAR-48 HB is a first-rate weapon. ●

### Springfield Armory SAR-48 Heavy Barrel Rifle: Tech Specs

Caliber . . . . .308 Win. (7.62x51mm NATO)  
Weight w empty magazine, sling . . . 14 lbs.,  
11 oz.  
Lengths:  
Overall . . . . .44 13/16 inches  
Barrel . . . . .25 1/4 inches  
(21 1/2 inches w/o flash hider)  
Action/operation . . . . .semiauto/gas  
(Saive type, adjustable)  
Bore . . . . .chrome lined, 1 in 12 R.H.  
Sights . . . . .rear peep,  
adjustable for elevation;  
front post, hooded,  
on screw threads,  
adjustable for windage  
Magazine capacity . . . . .20 rds.  
(some 30-rd exist but are rare)  
Price, suggested retail . . . . .about \$900  
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420 W. Main St.,  
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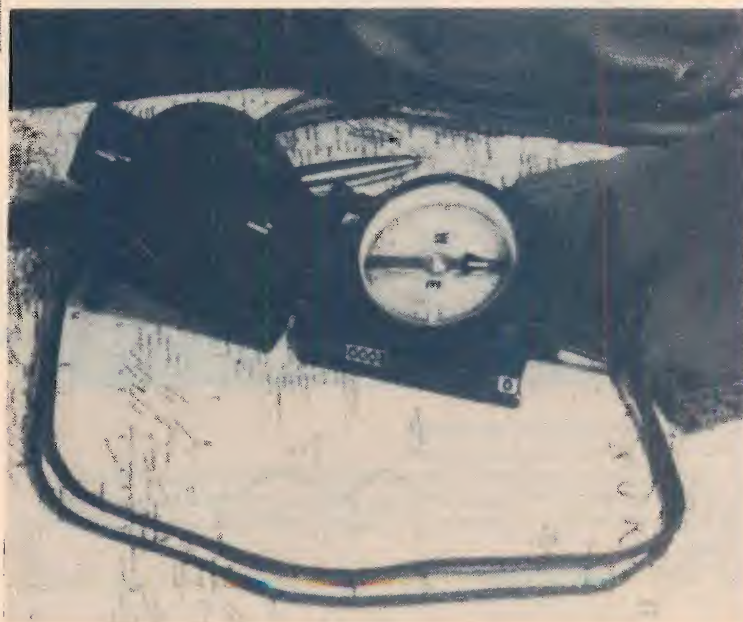
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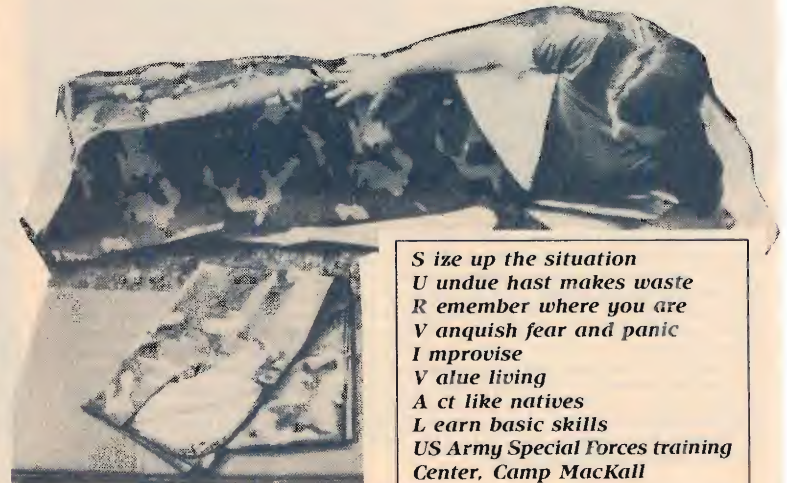


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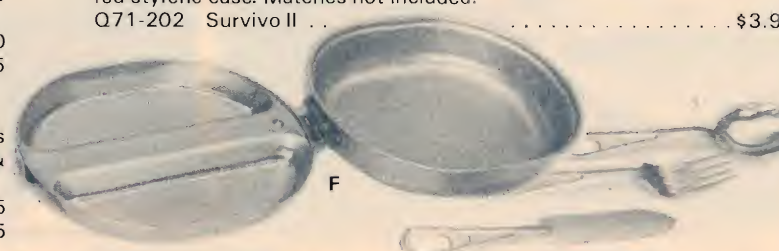
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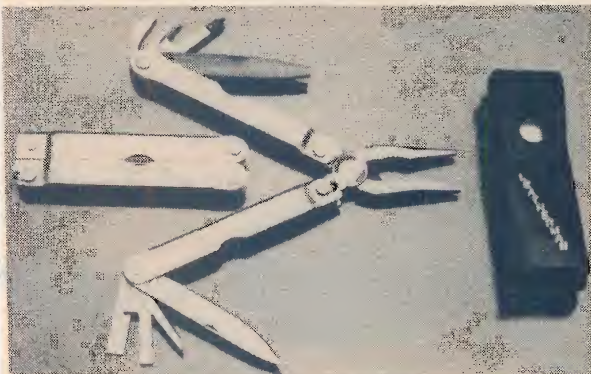
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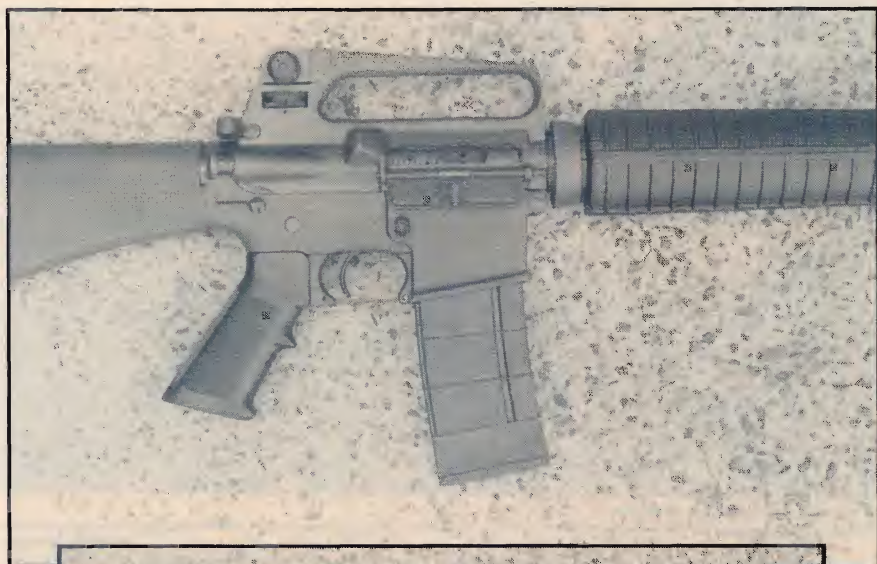


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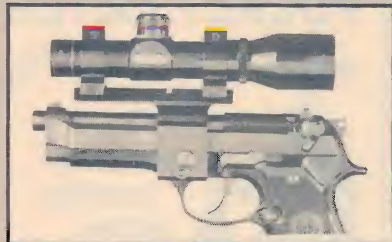
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*Smoke bombs for signalling, etc. . . .*



The commando smoke grenade.

Staff Report

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The Tactical Smoke Grenade, left, releases 120,000 cubic feet of dense white/grey smoke when activated. The Riot Buster, right, and Commando, foreground, each release about 100,000 cubic feet of smoke. Each releases its smoke over a three-minute period.



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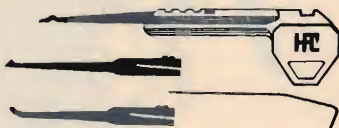
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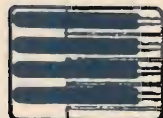
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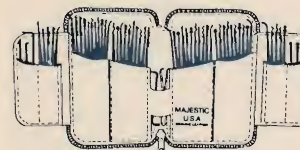
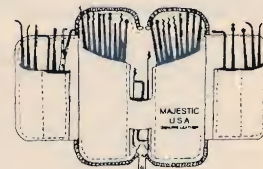
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**Staff Report**



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The buttpack is available from Sierra Supply Dept. ASG, P.O. Box 1390, Durango, CO 81302; (303) 259-1822; Retail price is \$9.50 postpaid; If you send \$12, you will receive both the buttpack and the optional shoulder strap. ●



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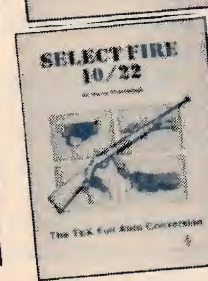
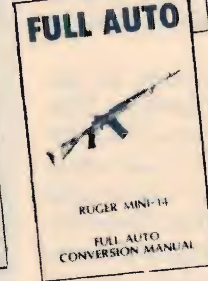
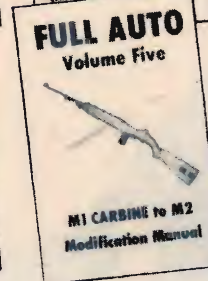
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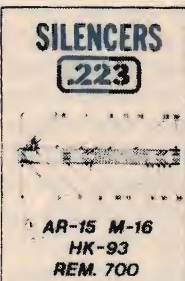
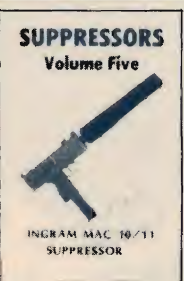
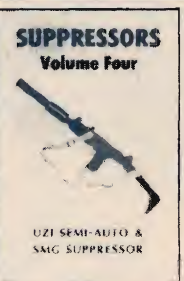
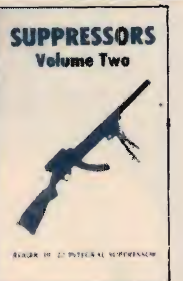
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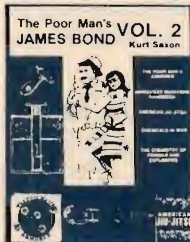
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# Tough Nut To Crack

*To get at the edible inner nut of the coconut, you first have to break through nature's outer defenses. . .*

By David James Marshall

**O**F the myriad edible tropical plants, the coconut is by far the easiest to identify.

Any South Seas adventure or disaster movie gives the impression that the coconut is easy to open, the milk is sweet and cool, and the inner white meat all you need in the way of solid food. That's not entirely true. There are a few common misconceptions and problems that I'm going to show you how to overcome.

This first one is the toughest. In all these movies, how did our cinematic hero open that coconut in the first place? We can't all be lucky enough to have our own native beauty close at hand to take care of our basic needs.

To get at the edible inner nut of the coconut, you first have to break through nature's outer defenses. Until you do this, the treasure within remains out of reach. The outer shell of a mature coconut is a smooth green husk, a slippery and tough coating given it by nature to guard against the coconut crab. Beneath the outer husk is a thick layer of matted fibers. During growth, these fibers conduct moisture drawn through the palm trunk into the inner nut. As the nut matures, these fibers dry out and deter the coconut crab even more. Only the greenest of coconuts are food for the busy crabs.

Once the outer husk ceases to convey moisture to the inner nut, the dry husk becomes too tough for the crab to claw its way through. No claw marks on a nut that has been on the ground for a few days means that it's ripe enough for human consumption. These nuts may have big brown marks on the outer husk where they've laid on the ground for a while. Unlike the banana, these bruises in no way affect the inner edible nut.



Ripe coconut meat separates easily from the shell.

Some folks have a tolerance for the soft, gelatinous unripe meat and sweet milk. For most people though, the effect is that of an industrial strength laxative!

Getting to the inner nut has been likened to trying to get to the center of a baseball quickly. Yes, it is possible to claw one's way through the husk, but there are easier methods. Since we frail humans haven't the large claw of the coconut crab, let's use our brains instead. Once the technique is learned, and it's very simple, a mature coconut can be opened in about 15 seconds. I've seen some industrious souls work at it for over an hour, cutting their hands

on the sharp husk fibers, and then give up.

To open the outer husk requires a tool. While a machete will work, the idea isn't to carve your way through, but to *split* the husk away in large sections. The natives of the tropics know this, and shyly giggle behind their hands at the sight of us big, hulking gringos trying to rip open a coconut with our bare hands or beat it against a rock.

The tool the natives use is a stake made of hard wood imbedded in the ground. I made a similar stake with a straight sapling that I cut in the jungle and buried in the sand. Total

*(Continued on page 64)*





A typical tropical scene — this one happens to be on the island of Diego Garcia in the Indian Ocean — where the coconut may be found.

Safely position yourself behind the angled, buried husking stake before striking the unhusked coconut on the stake.



Once split, large sections of the husk are easily removed.

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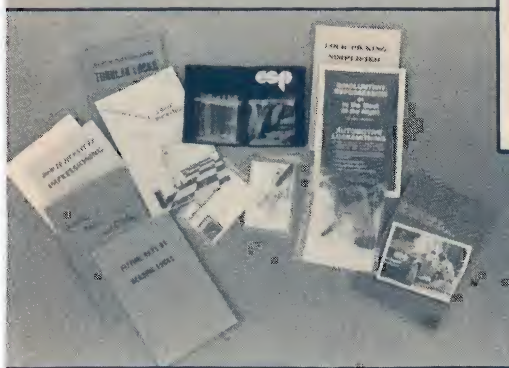
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Staff Report



**H**IGH in the picturesque Swiss Alps, the third generation of the Elsener family continues the tradition started by Charles and Victoria Elsener in 1884.

In 1891 they obtained the first contract to supply the Swiss Army with a sturdy "Soldier's Knife." Shortly afterwards, Charles Elsener developed the elegant "Officer's knife." This revolutionary knife, patented on June 12, 1897 became popular throughout the world because of its high quality, versatility and excellence in design.

Victorinox guarantees all knives to be of first class stainless steel and also guarantees against any defects in material and workmanship.

Now, for the person who wants a



ABOVE — These new Swiss Army knives all have four-inch locking blades. Starting at top left, clockwise: Alpineer, Cowboy, Hunter, Rucksack, Picknicker

LEFT — The Hunter model contains a wood saw and also a gutting blade.

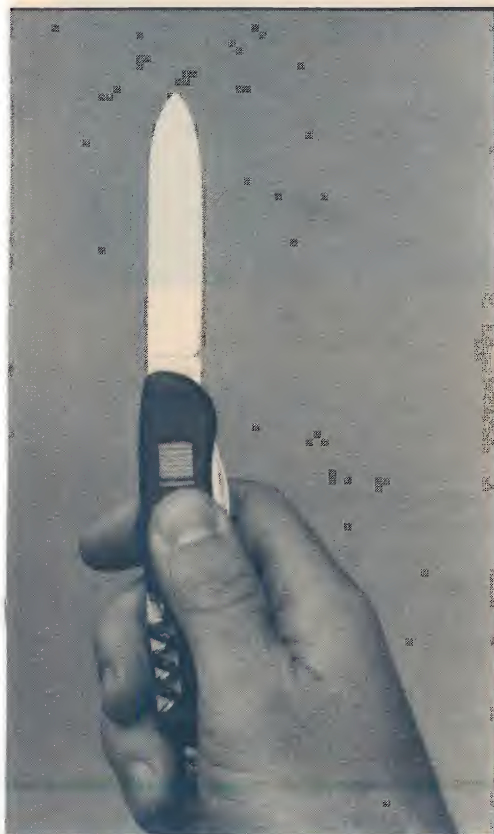


heavy-duty pocket knife for outdoor work and sporting activities, Victorinox introduces its new line of rugged multi-implement lockblade knives. For the same money as most single-bladed pocket knives, Victorinox offers a four inch, self-locking main blade, plus several of the same ingenious tools as the original Swiss Army Knife.

The line of six lockblade models (the Alpineer, Cowboy, Picknicker, Adventurer, Rucksack and Hunter) includes various assortments of the following implements: corkscrew, can opener, screwdriver, cap opener, wire stripper, reamer, saw and Phillips screwdriver with can key and gutting blade. Standard on all models are tweezers and a toothpick.

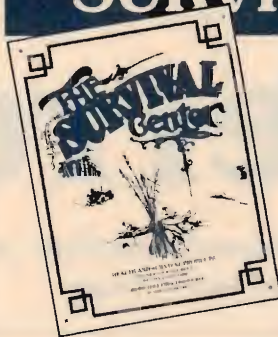
A grip-molded, slip-resistant nylon handle is featured, for a sturdy grip under wet conditions. The new knives are 4<sup>3</sup>/<sub>8</sub>-inches long to comfortably fit the hand with or without gloves.

Each of the Victorinox lockblade knives is available at sporting goods stores and cutlery stores nationwide for a suggested retail price of \$24 to \$39. Worldwide efforts have been made to copy Victorinox and its symbol of superior craftsmanship. Look for the Victorinox-Switzerland trademark on the shank of the large blade to be sure of buying the real thing. ●



The locking switch is shown here on the back of the knife.

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# Irish Terrorism

*Eight centuries of hatred, warfare and violence...*

By Carl H. Yaeger

*This is one of a series of articles on terrorist groups and organizations and their supporters. This article deals only with individuals and groups involved in such activities and is not intended to reflect negatively on other individuals of the same ethnic/religious/national backgrounds — The Editors.*

**T**HE old Irish Republican Army ballad, *The Patriot's Game*, tells the tragic story of Northern Ireland in its six stanzas. The first verse is a recruiting pitch to the young:

Come all you young rebels  
enlist while I sing  
the love of one's country  
is a beautiful thing  
it banishes fear with  
the speed of a flame  
and it makes you all part of  
the Patriot's Game

The patriot's game probably started shortly after 1155 A.D. when Pope Adrian IV, an Englishman, granted the Island of Ireland as an inheritance to English King Henry II. It was at that point that the fires of Irish nationalism were kindled and the spirit of rebellion began.

Eight centuries ago, in 1169 A.D., the English first began their empire by invading Ireland. By the time that King James I took the throne in 1603, a dozen Irish uprisings had already been suppressed, especially in Ulster, the northeasternmost quarter of the island. Ulstermen were fierce in fighting the English, but after defeat, they were pushed south and their lands sold for pennies an acre to colonizing Scots men. The Scotch came with "guns and Bibles," as they were fighting their own version of a jihad, a holy war against the Catholic papists. The Scots, Protestant Calvinists, sided with Protestant King William of Orange who was fighting Catholic King James II for England's crown.

Several significant battles were fought in Northern Ireland during the



The six counties of Northern Ireland make up the troublesome province of Ulster.

1600s which are commemorated every year by Ulster's Protestant majority. In 1689, the Apprentice Boys of Derry slammed the gates of the city to the Catholic army to insure King "Billy's" defeat of King James at the Boyne River. Shortly after that, less than 5 percent of Ireland's 20 million acres were in Irish hands. The Irish became tenant serfs of English and Protestant landlords on their own soil.

Religious conflict is only part of the explanation for England's extraordinarily cruel suppression of the Irish.

My name is O'Hanlon  
I just turned sixteen  
my home is in Belfast  
it was there I was weaned  
I was taught all my life

cruel England to blame  
and I wanted my part in  
The Patriot's Game.

A greater part of it was a war between diverse civilizations; the Normanized Saxons in England versus the Gaelic civilization of Celtic Ireland. Saxon hatred of its Gaelic subjects was so obsessive, that harsh decrees were passed by English monarchs to wipe out Gaelic life and culture. The Statutes of Kilkenny in 1366, and Poynings Law in 1494 were comparable to the Nazi racial laws against Jews in the 1930s as they were unabashedly genocidal in their intent and enforcement. They forbade the speaking of the Irish language, the use of Irish patro-



nymys such as "Mc, Mac, or O;" and disqualified members of the Gaelic race from political, educational, or economic rights or privileges.

The penalty for speaking Irish, for the sporting of a moustache in the Irish fashion, or for the infringement of any of these cultural prohibitions, was death... preceded by torture. These laws and their enforcement were at a time when England and Ireland shared the Catholic faith.

The worst scourge, in human form, to hit the hapless Irish, was the English Puritan leader Oliver Cromwell, who overthrew the English crown and instigated a reign of terror.

Cromwell and his soldiers, the Ironsides, looked upon Ireland as being assigned to them for scourging, as they were the chosen people of their God. They viewed the Irish as idol worshipping Canaanites who were cursed by God and to be cleansed by fire and sword.

A war of extermination was to be waged. Cromwell exhorted his holy Puritan warriors to spare none, to kill as the Old Testament conquerors of Jericho did: "Kill all that were, young men and old, children and maidens, and suckling infants."

This practice was hideously carried out by Cromwell's men when they captured the Irish city of Drogheda in 1649 and indulged in three days and three nights of unending slaughter. The entire population of over 15,000 was massacred. Thousands from the surrounding countryside were shipped off as slaves to such places as Jamaica. By 1654, five-sixths of Ireland's population was dead. The rest lived in appalling destitution. Three quarters of Irish lands were divided among the children of the conquerors. By all indications, the Irish nation was history by the year 1776.

Tis barely two years since  
I wandered away  
with the local battalion  
of the bold IRA  
I read of their heroes  
and I wanted the same  
for to play out my part in  
The Patriot's Game

The American Revolution in 1776, and the French Revolution in 1789 ignited the fires of Irish independence. These revolutions inspired Wolfe Tone to form the United Irishmen, which rose against English rule in 1798, only to be ruthlessly suppressed. England retaliated with economic measures as well, forcing the Irish peasants to live on a one-crop economy... potatoes. The great potato famine of 1845-1850,



ABOVE — Wall painting in a Protestant area of Belfast honoring "King Billy" (Devin Swallow).

reduced the Irish population even further; from eight to four million, to death and immigration.

Other organizations sprang into existence. The Young Irelanders of 1848 rose, died, and became the Irish Republican Brotherhood, the forerunner of the present Irish Republican Army, which was formed by expatriates in New York City in 1857. The Brotherhood was also called, "The Fenian Movement," and was pledged to the violent overthrow of British rule in Ireland. In 1865 they began a terrorist campaign in England and Ireland which continues to this day.

**Fires Of Nationalism** — By 1900 Ireland was literally on fire with nationalistic sentiment, but in Ulster, the six Protestant counties in the north, the Protestants dug in, rallying around their secret society, the Loyal Orange Order, and the Unionist Party.

Ireland came close to achieving home rule in 1912, but lobbying pressure from the Orange Order defeated it in Parliament, where the bill was shelved until 1914. World War I broke out to delay home rule even longer.

The leaders of the Irish Republican Brotherhood plotted an armed uprising which became the famous "Easter Uprising" of 1916. It was crushed, and 16 nationalist leaders were executed. These acts caused thousands of volunteers to join the newly renamed Irish Republican Army which forced England, through a combination of guerrilla warfare and terrorism, to grant home rule to the 26 southern counties. The remaining six counties in Ireland were to remain in union with Britain.

BELOW — The RPG-7 launcher is making its appearance in Belfast on this wall art (Devin Swallow).



The Irish politicians in the south who "bargained and sold out" were never forgiven by the hard-core IRA, and when the Irish Free State was proclaimed in 1922, the new government found itself fighting a civil war with former IRA members.

This island of ours has  
for long been half-free  
six counties are under  
John Bull's tyranny  
and most of our leaders  
are greatly to blame  
for shirking their part in  
The Patriot's Game

The Irish Republican Army went underground in the mid 1920s after being defeated by the forces of the Irish Free State, but worked overtly through Sinn Fein, its legal political arm.

Except for a few sporadic border skirmishes in 1956, the IRA lay dormant, but in Ulster, the political situation was becoming so tense, that it would give the IRA a chance for a new lease on life. The parliament of Ulster, the Stormont, was controlled by the





Wall painting commemorating the Easter Uprising (Devin Swallow).

Unionists and the Orange Order, and the Catholic community of the six counties — over one third of the population — suffered from an extremely high unemployment rate, had poor housing conditions, little political power, and few social, economic, or political opportunities.

The black civil rights movement in America was the inspiration for the formation of the Northern Irish Civil Rights Association (NICRA) in 1968. When NICRA began its protest marches, the backlash from the Unionist-Orange majority was swift and brutal. Beatings, stonings and the murder of civil rights protesters became common. The Unionist police force, the Paramilitary Royal Ulster Constabulary, used their Protestant riot police, the notorious "B" Specials, to break up the marches. Their brutality was too much, even for the British, so in 1969, the British Army intervened, ostensibly, to protect the Catholics. To the minority Catholics, however, it soon appeared as if the British Army was siding with the Protestants.

The all-powerful Orange Order is as responsible, as any one cause, for the current problems. When it looked as if a series of compromises could be reached to insure Catholic rights in the late 1960s, a Presbyterian minister, the Reverend Ian Paisley, a hell fire and brimstone-type preacher and spokesman for the Orange Order, started to fan the fires of Protestant hatred. The lodges of the Order were used to promote anti-civil rights demonstrations and to create a Protestant paramilitary group — the Ulster Defense Association — which comprised many off-duty B Specials.

The objectives of the Orange Order are simple enough to understand: Union Forever with Britain for Ulster;

the destruction of Papacy (the Catholic Church) and the commemoration of Protestant victories over the Catholics.

**IRA Today** — The stuff of today's IRA is the stuff of martyrs, such as John Connelly, the military leader of the Easter Uprising.

I learned about Connelly  
he was shot in his chair  
the wounds from his battle  
all bleeding and bare  
his fine body twisted  
all battered and lame  
then I wanted my part in  
The Patriot's Game

After holding superior British forces at bay, Connelly was wounded and captured. His wounds were unattended as he was dragged to a chair and summarily executed on May 12, 1916.

Rallying around dead martyrs, such as Connelly, the near-defunct IRA moved into a power vacuum among Ulster's Catholics and organized a terrorist war, first against Ian Paisley's 10,000 strong vigilante group, the Ulster Protestant Volunteers, the forerunner to the UDA.

In 1969 a combined force of the Royal Ulster Constabulary, the B Specials, and thousands of Paisley's volunteers, attacked the Catholic working class ghetto in Belfast with armored cars, machine guns, and automatic rifles. Then they systematically burned down 400 Catholic homes and killed and wounded hundreds.

The "Official Wing" of the IRA, at this time, was oriented towards Marxism and counseled a political, not military solution. An ultra-nationalist split-off occurred shortly after the attack on the Catholic ghetto. This group was known as the Provisionals, or the P-IRA. These were the men who developed the new strategy of present-day terrorism; of creating an armed

defense in Catholic areas; building up arms caches, and carrying the war to England herself.

The P-IRA hopes to create such chaos that an overwhelming British presence and crackdown will alienate both Catholics and Protestants alike. This strategy was given a boost in January, 1972, when British paratroopers shot and killed 13 Irish Civil Rights marchers during a demonstration. This atrocity, known as "Bloody Sunday," added more martyrs to the IRA cause, and the die was cast for an increasing terrorist war.

The P-IRA rallied hundreds to its ranks, a new generation of young, unemployed, and frustrated men and women taking up the gun where their fathers left off. Terrorism now became a mode of employment; a way of life, the only one there was; and an identity symbol.

A support system was already in place for the new P-IRA; the same support system used by its forerunners, the millions of Americans of Irish extraction. Irish American societies, such as the Ancient Order of Hibernians in America have long supported the cause of Irish independence, but new organizations such as NORAID, the Northern Irish Aid Committee, and the American-Irish Political Education Committee, have served to explain the IRA struggle to Americans and solicit money for the cause.

**International Links** — Both wings of the IRA have forged international links with other terrorist groups. Cooperation with the Spanish Basque ETA began as early as 1972. The Basques, like the Irish, have been waging an ethnic-separatist war for generations.

The bomb, and bombings, have long been a favorite P-IRA weapon and tac-



# Irish Terrorism

tic. In 1979, P-IRA bombers detonated a boat bomb which killed Earl Mountbatten, the Queen's uncle and a British hero of World War II. In a bombing/guerrilla ambush, the P-IRA killed 18 men of Britain's elite 2nd Parachute Regiment on Ulster's east coast.

The P-IRA has carried the war to England itself, planting bombs in department stores, in public places, and in the streets. A P-IRA car bomb exploded along a parade route in London, killing horses and men of the Queen's Household Guard cavalry.

The P-IRA are looked upon in the terrorist fraternity as the "aristocracy" of bomb-makers. They have come a long way since the day 100 years ago when their forebears in the Fenian Society attempted to blow up Scotland Yard with a primitive, black powder device.

Today's P-IRA devices are ultra-sophisticated. The bomb which almost killed Britain's Prime Minister Margaret Thatcher and her cabinet at Brighton, had been installed months before by P-IRA "workmen" who got jobs in remodeling the hotel where the Conservative Party convention was to be held. The bomb was actually built into the walls in several locations, and had a long-term calendar watch timer, designed to explode months ahead — to the day — from when the timer was set.

Many P-IRA master bomb makers learned their trade as electricians and as repairmen for pinball repair companies. Over the years, they have learned a great deal about sophisticated devices, in such diverse locations as South Yemen, Cuba, Lebanon and Algeria. They have learned to fashion blast accentuators, radio-controlled detonators, limpet mines for underwater explosions, and methods of defeating the explosive ordnance technicians of the British Army.

The P-IRA has sought arms, money and explosives from a number of places. Assault rifles, submachine guns, and plastic explosives have been supplied by Colonel Kaddafi of Libya. Several gun-running ships sent by the colonel have been intercepted by the Irish Navy, but weapons are arriving in greater numbers. The venerable old Thompson submachine guns of the 1920s have been replaced by the American ArmaLite and the Soviet Kalashnikov. The Irish National Liberation

ULSTER



The counties of Ulster.



Army (INLA), a radical Marxist offshoot of the IRA, has been known to have acquired Soviet RPG-7 rocket launchers.

One of the most frightening and ominous developments within the IRA is the increasingly Marxist content of its ideology. This is true of the P-IRA also. In the mid 1960s the Official IRA and its overt political party, the Sinn Féin, became officially Marxist, calling for a liberated Ulster and merging it with the Irish Republic to the south. Then the struggle would continue until the new state was a united, Marxist-socialist Ireland. In 1974 the Irish Republican Socialist Party split off from the Official IRA and formed the INLA.

It is now the INLA which is the most militant of the three groups and they are much better organized into a clandestine cellular unit. The INLA is based in Dublin, and recruits from the personnel who have been either expelled from, or frustrated with, the other two wings of the IRA. Weapons and explosives come more directly to the INLA from communist sources in the Eastern Bloc, through surrogates in the Middle East, and INLA terrorists have forged strong links with Euro-terrorists such as France's Direct Action and Belgium's Communist Combatant Cells.

The rhetoric of the INLA is becoming increasingly anti-NATO and indeed, they have declared solidarity with those groups throughout Europe and the world who are targeting NATO and American targets. One assassination helped the INLA achieve credibility

and notoriety: that was the car bomb murder of Airey Neave, the British Conservative Party spokesman for Northern Ireland.

And so, the struggle continues... perhaps for another 800 years, as Saxon and Gael, Unionist and Republican, Protestant and Catholic, engage in this eternal slugfest in Ulster.

The last tragedy of note on November 8, 1987, was the exploding of a 40-pound bomb at the community center in Enniskillen, Northern Ireland. The bomb went off during ceremonies honoring the town's war dead, killing 11 Protestant civilians and wounding 60 more. This added to the casualty roll of 2,600 dead and more than 30,000 wounded since the first outbreak of IRA violence in 1968.

The ballads will continue to be sung in the pubs and within families. The pulpits will still be ablaze with religious bigotry, passing the legacy of hatred, of a divided Ireland, of political sell-outs, and glorifying the dead martyrs of the past. The recruiting pitch will be directed to the young — to take up the gun and fulfill their role in the Patriot's Game.

Perhaps the fate of Ireland will be the same as O'Hanlon's.

And now I lay dying  
my body all holes  
I curse all those traitors  
who bargained and sold  
I'm sorry my rifle  
cannot do the same  
to the traitors who sold out  
The Patriot's Game ●



Fear Is Your Enemy:

# Come Back Alive

*Some people succumb because they have not learned to cope with the unfamiliar. . .*

By Doug Stephens



When planning a trip to an unknown area, always take along survival basics.

Drawings by Clyde Winslow

**W**HAT would you do if you found yourself lost in strange surroundings far from people and civilization, your food and water supply low or non-existent?

Recently Ben Hall, a native New Yorker, his wife, Minta and their two children, age six and eight, took a short cut off a main Nevada highway and ran out of gas on a little used road in the middle of the hot desert. City bred, they had never spent a night away from a modern facility. Their water supply consisted of two bottles of soda pop. . . their food, one candy bar.

Ben, recalling his early Boy Scout training, knew the danger of panic. Sheltering his family under a nearby cliff, he set to work digging a cave to

protect them from the blazing sun. By rationing the soft drinks and candy, he hoped to keep his family alive.

During the day they rested. At night they gathered brush for a signal fire. This not only boosted their spirits but alerted a passing plane to send a rescue party.

When lost, fear of the unknown is your greatest enemy. Old woodsmen used to say, "To overcome fear, sit down and count slowly to a hundred."

Your next move should be to climb a rise of ground or a tree and note any high peaks or outstanding landmarks that can be seen from a distance. If you know you are going into strange country, carry a compass, a good strong knife, some matches (in a waterproof container) and a good geo-

logical map showing hills and waterways. Learn to use the compass and read the map.

If no compass, a knife blade or pencil held vertically with the point against your thumbnail will cast a shadow opposite the sun, which rises in the east and sets in the west. If you point the hour hand of your wrist watch (showing correct standard time) directly at the sun, south will be halfway between the hour hand and 12 o'clock.

Moss often grows on the north side of trees. At night, in the Northern Hemisphere, the two stars at the base of the Big Dipper point to the North Star, the last star on the handle of the Little Dipper. Below the equator the Southern Cross points south.

Your best bet may be to stay put



and seek shelter. Many a person has died aimlessly wandering all over the landscape when, if he had stayed in one spot and constructed some sort of a signal, he would have been saved. A fire may not always be advisable in dry, heavily timbered areas because of the danger of a forest fire.

A friend of mine, who was recovering from a heart attack, had his wife drive him up a narrow logging road in the high Sierras and seat him with his rifle on an old stump behind a thick evergreen bush overlooking a fresh deer run.

As she wandered into the woods, she felt sure twin peaks towering above her would enable her to keep her directions. She did not count on a storm blowing up and completely hiding these landmarks.

She had sense not to move far away and huddled all day under an overhanging rock until the clouds finally parted exposing the twin peaks. With her line of direction secure, she soon found the car and a cold, worried husband waiting inside.

If you stay in one place, a shelter is important to protect you from the elements. The spot chosen should be protected from wind and weather, in among the trees, in sheltered valleys or on the leeward side of a bank. Place the open side opposite the direction from which the wind blows.

Camp near water if possible but on high dry ground. Thick woods are often infested with unpleasant bugs and insects. A ridge top can be an ideal camp site. The season dictates your shelter, location and design. In winter, a warmer shelter is needed. One survivor of a northern winter air crash constructed a shelter out of parts of the plane. With matches and dry wood, also from the plane, he built a fire inside which, in the sub-zero weather, kept him from freezing. He sloped the roof so it reflected the sun and helped warm the shelter.

Snow, in an emergency, may be a protection from cold. Eskimo dogs often tunnel deep into a snow bank where the ground temperature may be 30 degrees warmer than outside.

In summer, a tree or overhanging cliff may be shelter enough, though in higher mountains the weather often becomes bitterly cold at night. Caves sometimes make good shelters. However, a pair of campers had to run for their lives one summer when a cave in which they took shelter turned out to be the home of a large brown bear.

Where lightning is expected, do not

build or take shelter under trees, tall spires or pinnacles of rock. Caves, dug-outs and overhanging cliffs offer safer cover.

In the desert or prairie, the shelter can be a rock ledge or a properly braced tunnel dug in the bank of a clay cliff.

Desert dry creek beds or canyons are often poor places to camp or build shelters. Recently in Arizona, a sudden cloudburst turned an innocent dry river bed into a raging torrent. Several campers and trailers overturned and washed downstream. Their owners luckily escaped drowning by scampering up the steep sides of the canyon.

**Wind Storms** — During hot dry wind storms in flat prairie or desert country where no shelter is available, a deep trench may be as cool as 70 degrees F. at its bottom while on the outside surface of the ground the temperature may reach 170 degrees F. If there is no time to dig a trench, lie flat until the storm passes.

If you walk out and are sure of your compass points, take bearing on some high object. Streams may lead to habitation. If you go downstream on a boat or raft, keep alert for the sound of treacherous waterfalls and rapids.

In travelling, conserve strength as much as possible. However, your body may be capable of more exertion than you realize. Fatigue does not always mean you must rest. You can be so tired you feel lightheaded yet find you can still go on in a pinch.

Food can be a problem when a person is lost for a long period. When

meat from wild animals can not be found, certain leaves, berries and roots may offer nourishment. Some plants, though, are quite poisonous. Others only upset the digestion. Do not eat any berry, root or leaf you are not certain is safe unless threatened with starvation. Then eat only a tiny portion and wait to see if there are ill effects. Remember, though, that botanists tell us there are over 100,000 edible plants in the world.

Fish may sometimes be caught in many wild areas by simply wading quietly into shallow pools and scooping them onto the bank. A hook made from a bent pin, attached by threads from your clothes to a tree branch and baited with water grubs or insects may form a make-shift fishing outfit which could snare a nice meal from the water. If you are really hungry, remember insects are rated a top survival food containing more protein than beef. They can be eaten raw or made more palatable by boiling and drinking the strained broth or they may be sundried, fried or roasted.

**Water** — In the desert, drinking water may be your major problem. People have lived 30 to 60 days or longer without food, but the body can stand only a few days without water. When short supply, the body's liquids must be conserved. Experienced travelers in desert or high heat areas rest days and travel nights when perspiration is less. If they must travel by day, they keep their bodies covered, especially their heads and necks. If you watch them,



After the clouds cleared, the lost wife recognized directional landmarks.






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## Come Back Alive

Lost for eight days in the desert, a dehydrated prospector crawled the last 200 yards to safety.



they seem to live in slow motion and keep their bodies off the ground where the temperature is usually much higher.

The body is 90 percent water. Dehydration begins after the last drink. The body's cooling system works harder at higher temperatures. Blood loses water first, thickens and throws a heavier load on the heart.

One prospector traveling across a 120 degrees F. desert for eight days without water crawled the last 200 yards over rocks and brush. Though his flesh was torn, his blood was too thick to bleed. After his rescuers slowly fed him a quart of water, the blood began to flow out of his wounds.

A loss of 2½ percent of body weight by dehydration lowers the body efficiency 25 percent. Do not try to save water for the next day when the body needs it today. Nor should you drink more water than the body needs all at one time. Three men were found dead from dehydration in the desert sprawled on the sand around their car, though their water bottles were a third filled with water. Having overcome the feeling of thirst by drinking two-thirds of their water at first, they had saved the last drink for a time when they thought they would need it more.

Whether we drink water first or last is not important. For a trip in hot weather, figure two quarts a day per person. One pint a day will keep a person alive but after the first two days he begins to slowly dehydrate.

Game trails usually lead to, and birds often fly toward, water. In the desert, patches or strips of green vegetation are visible from great distances and show the location of streams or springs. It is seldom fruitful to seek water on ground level terrain. Springs are often found at the bottom of a cliff

or slope.

Certain desert plants like cactus have water in leaves and stems (watery sap). Though the milky sap of some cactus plants is not suitable to drink, the common prickly pear cactus is filled with water as is the barrel variety from which the top may be cut uncovering a pulpy interior filled with clear life-saving liquid.

Old desert rats tell us to look for water in rock and lava cliffs, in caverns, along walls of valley gorges and in the cracks between rocks. If a wet spot is noticed in a clay bluff or the hollows between sand dunes or in a dry river bed, dig a hole. If below the watertable, it will fill with water.

If a water hole has dead animals or no green plant life around its edge, you may suspect the water is unsafe. Water from some streams and lakes may contain harmful bacteria that can be purified by boiling or adding water purification tablets. Eight drops of a 2½ percent iodine solution in one quart of water will purify most such waters in 10 minutes.

Muddy or even rusty water, as in a car radiator or in your windshield wiper reservoir (without anti-freeze or other additives) may not appear palatable, but is generally safe to drink.

When lost, planning ahead and keeping busy are the best ways to prevent imaginary hazards crowding into your thoughts. As you sit alone, far from civilization, the noises of the outdoors may seem to be filled with fearsome sounds. These are usually friendly. Only when they grow quiet might it signify danger.

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Cover feature story ATLANTA WEEKLY  
Atlanta Journal-Constitution Sunday  
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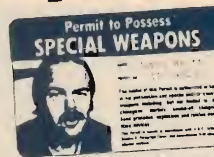
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## Staff Evaluation



LEFT TO RIGHT — The Combat Thrower Battle Blade, the Bowie-Axe Throwing Knife. Both come with leather sheaths and instructions.

**W**E tested two models of throwing knives provided by Tru-Balance Knife Co.

The Combat Thrower Battle Blade (model no. 4) has an overall length of 12 inches, a width of two inches, and thickness of  $\frac{3}{16}$  inches. It weighs 14 ounces and is a fine weapon for combat fighting, hunting and survival. The handle slabs are of durable vulcanized fibre, heavily riveted.

We also tested the Bowie-Axe Throwing Knife (model no. 2). With an overall length of  $13\frac{1}{2}$  inches, a two inch width, and  $\frac{3}{16}$  inch thickness, the blade weighs 15 ounces. This knife has

been sold world-wide since 1959 and makes a great camping knife. It's great for chopping wood and like the Combat Thrower, comes with a strong hand-crafted leather sheath.

Knife throwing is not easy. Tru-bal designer, Harry McEnvoy, is a professional knife thrower and author of several knife throwing books. We read his basic instructions supplied with the knives and then tried our hand at it. Our target was a big cardboard box, and we were able to land a few good shots after we found a distance that worked (about 12 to 14 feet.)

No matter which end reaches the

target, the force of 14 ounces of steel flying through the air does quite a lot of damage. With a little practice, it should get easier to judge the distance and number of spins to the target.

Both knives retail for \$35 each. All Tru-Bal Knives are sold F.O.B. Grand Rapids, Michigan. Add \$2 towards postage if one knife is ordered. If more than one knife is ordered add \$.75 for each additional knife. For more information on these and other throwing knives, and books on knife throwing contact Tru-Balance Knife Co., Dept. ASG, 2155 Tremont Blvd. N.W., Grand Rapids, MI 49504; (616) 453-3679. ●



Both knives are full tang,  $\frac{3}{16}$  inches thick. Handles are of durable vulcanized fiber.





The beginning stance for sport throwing. Note that the knife is held by the handle. Release the knife as if it were HOT, with no wrist snap.



The follow-through is a continuation of the forward sweep of arm and shoulder even after the knife has left your hand.

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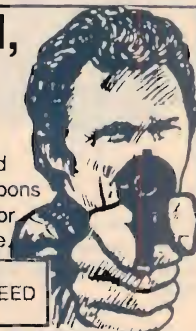
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# Tough Nut

(Continued from page 48)



Having opened the coconut and extracted the meat and juice, this man enjoys the fruits of his labor.

length of my sapling was about 5 feet, though only about 1½ feet actually protrudes from the sand. My stake at the base is about 4 inches in diameter, tapering down to the thickness of my wrist. It's buried as deeply as it is so that it remains immobile. I trimmed the business end of my stake to a chisel type point with a rough piece of coral. Don't sharpen it to a pointed tip. I then laid it in a trench dug in the sand and braced it with large coral chunks. All that remained was to bury the works with the sand I originally excavated. Properly done, you can balance on the end of the stake with one foot and it won't move or shift position.

To use the stake to open a coconut, stand or kneel, whichever is most comfortable, on the side and behind the point. The technique is to swing the coconut down and towards yourself, not push the nut forward onto the stake. Should you jab and miss, you'll impale yourself on the stake you worked so hard to prepare! All the coconuts on the island won't help you then.

Once the chisel tip of your stake has penetrated the husk about 1 to 1½ inches, twist firmly. You'll see and hear the husk split for a short distance on either side of the impaled area. Do this at three or four places around the perimeter of the husk and soon large portions of it will separate

from the inner nut and are easily removed. If your stake isn't buried deeply enough, all it will do is turn when you twist the impaled nut on it.

**The Kernel** — Now that you have the majority of the outer husk removed, any remaining fiber clumps can be removed by hand exposing the kernel. Who wouldn't recognize that hard rounded shape with its distinctive pattern of three dark brown eyes at the top like a miniature bowling ball?

Your first reward is going to be the ripe milk you'll hear sloshing inside when you shake it. To poke a hole in this rock hard shell requires only a small pointed object. A ballpoint pen, a stout sharpened twig, the blade of a small penknife, or even a key is all that's needed. Nature has provided a means. One of the "eyes" at the top of the shell will be soft enough to bore through.

Drink the milk only sparingly till you build up a tolerance to it. Even though it's ripe milk, for some it will still be a strong laxative. If your body is dehydrated, it's hard not to suck down that sweet liquid you worked so hard for. But bear in mind that the possible gastrointestinal distress and resulting severe diarrhea will be even more dehydrating, possibly even fatal. In cases of severe dehydration, either drink it sparingly or discard the milk altogether and just eat the inner white coconut meat.

Once the milk is drained, opening the inner nut to get at the meat is simple. Imagine the eyes as one "pole," the pointed end of the nut the other. Now bang the nut down on a handy rock or coral chunk a few times around the nut's equator. It will crack and separate into two roughly equal halves. Place the halves open end down on the same rock and with a smaller rock, pound the upward pointing ends till the halves split again. The smaller you split the shell, the easier it is to separate the meat from the shell.

Now take a key, dog tag, a smooth thin rock, or the small blade of a knife and gently insert it between the meat and the shell and twist. Large chunks of firm white meat will separate from the shell. Lacking any of the implements mentioned, keep breaking the shell into smaller pieces and soon you'll need only your teeth to remove the meat. With practice, you can remove the edible meat from the two main halves you had when you first broke the nut along its "equator." You can then use the empty shells as bowls,

cups, digging scoops, rain catchers, or even smooth the edges and string together two halves for a real tropical bikini top for the ladies. Don't laugh! This is quite common in the Philippines and other tropical countries.

**Other uses** — Other uses of the coconut are many. Fresh coconut meat can be mashed in a shallow rock depression and the oil used as a lip balm, sunburn ointment, or frying oil. It will also lube the spindle end of a fire drill and socket to allow rotation with less friction. A light coating of oil on a knife blade helps prevent the worse ravages of salt water exposure. A note of caution here, coconut oil will turn rancid after about 48 hours so clean and re-oil knife blades often.

The meat of the coconut does contain traces of vitamins, but in quantities too small to measure. The meat is primarily made up of fats (56 percent), carbohydrates, and a small amount of protein. This is important as the only other source of these essential fats and amino acids are animal fat and protein. Such animals may not be available in some locales. Fish and native birds are lean critters with little fat content.

Because of the lack of vitamins, coconuts must be supplemented with other fruits and vegetables or severe vitamin deficiencies will result. So much for the myth that one can subsist entirely on coconuts. Caloriewise, coconut meat contains 349 calories per cup. Doctors set the starvation level intake at 350 calories per day, so two or three coconuts a day will keep the body fueled as long as it's realized that vitamins are necessary as well as fats and calories.

Coconuts are sustaining enough to keep a person functioning till other foods can be gathered. A lot of calories will be burned off building shelters, fabricating hunting, fishing and foraging tools, rendering medical attention to those who require it, etc. Coconuts can provide sustenance. They are easy to identify, easy to gather, and with only a little practice, easy to open. They also store well in their unhusked state if kept in a cool, dry area.

Though you probably won't be able to buy unhusked coconuts in a local grocery, you can usually buy husked ones from well stocked fruit dealers for about a dollar each. That way you can practice opening the inner nut, then utilize the meat and shell to practice your tropical survival skills. ●



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**T**HIS IS A CONFIDENTIAL listing of survivalists who wish to become known to others of like mind. *American Survival Guide* will accept properly coded mail and forward it to the coded addresses without charge. *American Survival Guide* accepts no responsibility for the contents or results of these confidential communications. Mass mailings are not permitted.

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ASG 0702

**Camp Lejeune, North Carolina.** Beginner looking to correspond with others to learn more. "Very Serious." No phonies please. To serious survivalists this listing is "Urgent."

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ASG 0704

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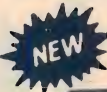
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Staff Evaluation

**A**CCURATE, reliable and easily affordable," says F.I.E.'s catalog of the Titan 25 .25 ACP semiauto pistol. We found that to be an apt description of this little jewel.

Shooting from a standing position without a gun rest we were easily able to make hits on a small cardboard box target placed about 30 yards from shooters test firing the E27BGW Titan 25 with 24 KT gold plated trim loaned to us by F.I.E.

Firing a box of American-made factory .25 ACP ammunition through this pistol produced no jams or other malfunctions. The weapon operates simply and reliably and is easy to strip for maintenance or troubleshooting.

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ABOVE — The thumb-operated safety in front of the left grip locks the trigger.



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The Titan 25 would be a good backup gun or home defense gun for those persons desiring a small size handgun and shooting small caliber ammunition. Some will argue that the .25 ACP caliber has insufficient stopping power, but the staff of this magazine has always believed that any weapon is better than no weapon at all in a self defense situation and a well placed shot with a .25 caliber handgun can still be lethal. For more information see your gun dealer or contact F.I.E., Dept. ASG, P.O. Box 4866, Hialeah, FL 33014; (305) 685-5966. ●

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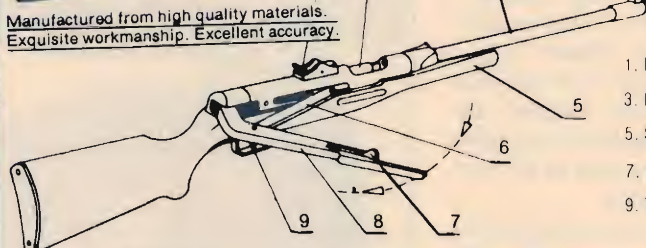
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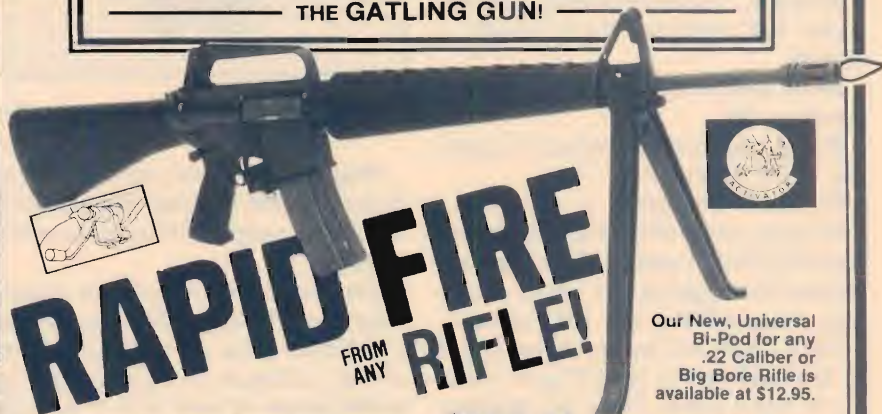
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# Leaf-O-Flage

Continued from page 9

3840 Crenshaw Blvd. suite 108, Los Angeles, CA 90008, (213) 732-7212.

If you choose to construct your suit like mine, it will fit fairly close to the body in movement areas such as legs and arms. In this fashion, a bush suit is as mobile as military issue camouflage.

On one occasion, I was filming a paintball game with a video cassette camera. The display showed only a black and white picture. A friend, clad in his leaf-o-flage suit, jumped onto the screen. Through the black and white display, I couldn't see him at all from the distance of 10 feet.

This brings to mind an interesting point. Many game animals, like the camera, are color blind. Leaf-o-flage is undoubtedly a great tool in hunting and stalking game.

**Personal Blind** — In essence, a bush suit is a walking, personal blind that instantly blends into the wearer's immediate surroundings.

Putting together a bush suit takes little money and as much time as you wish to take constructing it. The basic materials and their costs are as follows:

Military, radar-scattering, die-cut nylon leaf netting; 6'x12' sheet — \$29.95.

Army greens (B.D.U) shirt and pants (used) — \$8.

Bump cap (batting helmet is good, but more expensive) — \$5.

Paintball face mask — \$7.

To begin, the leaf must be completely removed from its netting. This is accomplished by snipping the small aluminum rings off the net with pliers.

Next, wash all leaves, hang it out to dry, and sort it according to color.

I've tried many forms of construction and have found two that work out best. The first technique involves sewing the nylon leaf directly onto the fabric of the base garment. This method is quickest but lacks depth and ease of alteration.

The second method is to initially sew the base netting that the leaf came attached to onto the pants and shirt. Then, the leaf can be attached to the net with plastic cable ties. These "zip-ties" are available at any electronic supply store. This construction allows easy repair and change of pattern but it takes a substantial amount of time to sew the net onto the base clothing.



Wire cutters are used to remove the leaf from the net and then colors and sizes are organized in bins.

With each method, extra thick quilt thread should be used and wrapped a sufficient number of times to ensure strength.

The leaf material has four types of color combinations. Three types have a different color on each side. It will greatly enhance the appearance and performance of your suit if you carefully arrange your camouflage pattern in a detailed manner. If you plan on wearing your suit in a dry area, then use more of the tan and grey leaf. If your area is green, keep your suit mainly avocado and brown.

The bump cap should be drilled in eight locations around the brim. The leaf must be sewn onto an earth-tone colored piece of fabric roughly three feet square. The fabric should then be tied to the cap in a way that it hangs down in the back and sides. The rear and side flap should reach down to the collar, but not around where it might interfere with the wearer's vision. The

cap is finished by tucking any extra material under the brim.

Facial cover can simply be a camo face net or camouflage face paint. I prefer a paintball face mask with leaf glued onto the front.

At this point, the only exposed areas should be your feet, hands, and the area directly around your eyes.

The legs of the leaf pants should cover most of your boots. For total effect, your upper face may be darkened with camouflage face paint or dark costume makeup. I choose to cover my hands with camo pattern gloves that have leaf attached.

Whether your interest is survival, hunting, or paintball games, a bushman suit is the ideal camouflage. Other than the fact that you can't buy one off the rack, leaf-o-flage suits have virtually no drawbacks. Next to his weapon, a soldier's most important piece of equipment is his camouflage. How would you like to sport the ultimate camo? ●



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# MAIL CALL

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Donald B. Clough  
Okeechobee, Florida

*We're glad to see a major U.S. ammunition maker producing this caliber of ammunition, given its increasing popularity in this country and the increasing number of weapons chambered for it. We're also pleased to learn about the larger capacity magazine for the Mini 30.*

## Saga of Lt. Onoda

I was pleased to see an article on Lt. Hiroo Onoda by Ragnar Benson in the April 1988 issue of ASG. For some years I have been trying to acquaint the martial arts community with the exploits of this "last of the ninja" but to no avail. I was in the Philippines during the time that Lt. Onoda surrendered and though he was called "the last of the Japanese stragglers," it is evident that there are still others out there, notably on Mindoro Island, which is next to Lubang Island. Mr. Benson does not mention the various "crimes" committed on the civilian population, including murder, by this "survivalist," nor the fact that Lt. Onoda married and reportedly settled in Brazil.

Halford E. Jones  
Claremont, New Hampshire

*The article on Lt. Onoda, a WWII Japanese soldier who held out as a guerrilla fighter for 30 years after the war ended on Lubang Island, is one of a series on "the world's great survivors" for ASG by Ragnar Benson.*

## Canadian Mail Order

Several of the companies selling survival supplies I have written to refuse to do business with Canada. It is of course their right and privilege to do so, though how they can ignore a potential market of 25 million people is beyond me.

David Lamothe  
Ottawa, Canada

*Some U.S. survival food and equipment retailers have difficulty complying with Canadian orders due to currency exchange problems, inability to pursue persons with bad credit or other troubles. One retailer we know of who will ship to Canada or anywhere else is NITRO-PAK Storage Foods & Emergency Supplies. See the ad for NITRO-PAK in this issue and the article on this firm on pages 76, 77 of this issue.*

## Sleeping Bags Article

The man shown modeling the sleeping bags on page 22 of the April 1988 issue of ASG has a heavy sweater on. It should be noted that this would not be advisable to sleep in. The body will sweat at night and when he gets up in the morning and it is -40 degrees below he will be very cold, damp and uncomfortable. It is best to sleep in that type of sleeping bag with no clothes on or just a light tee shirt. Another point I would like to make is the tendency of some to crawl right down into the bag. This would also make for a damp night's sleep as the body will lose up to a liter of water through lungs during the night just from normal breathing. I know this from personal experience and from taking the Canadian Forces winter survival course. The temperatures were down around -35 at night and -20 during the day.

Vern Larsen  
Redwater, Alberta  
Canada

*The man modeling the sleeping bags was only a model and these photos were taken in our photo studio. They were for illustration purposes only to show the bags and were not intended to imply clothing that should be worn while sleeping in sleeping bags. ●*

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# The Chemical Threat

*NBC weapons are easy to make and difficult to handle. . .*

By S.R. Pressman

**T**HE methodical release of dangerous chemicals into the biosphere with the intent to harass, injure, destroy equipment and kill people is Nuclear, Biological and Chemical Warfare (NBCW). These chemicals may be in the form of: acute poison gases, liquids and solids; radioactive materials to include nuclear explosives; biological disease causing organisms, their spores and toxins; chemical smoke and flame producing compounds.

On April 22, 1915, the German Army attacked the French and Canadians at Ypres with 160 tons of chlorine gas, resulting in 5,000 allied dead and 10,000 wounded. They were caught completely unaware despite solid intelligence about the weeks of preparations from prisoners and aerial photographs.

In all the Germans emplaced 6,000 chlorine cylinders along a four mile long front, each manually operated when their commander signaled with red rockets. Experienced soldiers ran in terror as the greenish clouds overtook and engulfed them. Allied commanders feverish and confused rushed all available forces to Ypres to stabilize crumbled defenses that had held against conventional German attacks for months.

The German general staff had found the perfect weapon for punching through impregnable trench lines, but had failed to exploit the situation. The chlorine used at Ypres was derived from the process developed by Dr. Fritz Haber to fix nitrates from coal tars. What Dr. Haber proposed was the military application of toxic industrial waste. This made Haber the father of chemical warfare.

The mother of chemical warfare, his wife Clara, ironically, was so saddened by the carnage wrought by her husband's invention that she committed suicide by sticking her head in an oven during the war. Haber won the Nobel prize for chemistry in 1919.

NBC weapons are easy to make and difficult to handle. Though some have speculated that NBC would be an ideal

weapon for terrorists, would-be gasers had better have their act together. The cases of amateur bomb makers doing themselves in are many, with only conventional explosives, let alone acutely toxic chemicals.

The ideal chemical weapon is no more complicated than a spray can of insecticide, kills people in milligram quantities, is cheap and available in large quantities, and is not easily detectable by the senses or chemical detection devices.

Biological devices can be created with the same equipment used to brew beer. The techniques of production are simple, but the techniques of isolating live disease-producing organisms and toxins in quantity are quite difficult.

Though a high school student can design a nuclear bomb, it is very difficult to work with plutonium, a substance which is highly toxic as well as fissile. The Indian government stocked quite a large radioactive cemetery refining bomb grade plutonium in order to join the international nuclear weapons club.

To defend people against NBCW several assumptions about the nature of the threat must be made. In the United States protective equipment designers were impressed with the harm that can be caused by liquid agents. Indeed most chemical and biological weapons are designed to spray out their poisons in the form of small droplets. This is often referred to as the liquid or contamination transfer hazard. To defend against liquids protective equipment is designed to prevent the chemical agent form being absorbed through it.

U.S. equipment is far heavier than that used by the British. The lighter design of the British equipment is now being applied to the equipment of most NATO nations and, not surprisingly to the new equipment being fielded by Warsaw Pact nations and the People's Republic of China.

**Vapors** — By far, it is chemical vapors that present the greatest threat. The

vapors are insidious, since a chemical agent delivered on a cold night will remain latent until the sun heats it up in the morning. The vapor hazard greatly impressed the British General Montgomery (of WWII) when he studied the problem of gas warfare in the 1930s. Indeed, when his findings were published as doctrines, years later, the Scots regiments in Britain and the Commonwealth countries gave up wearing kilts into combat.

The truth is that on the battlefield chemical agents may be encountered in all states of matter: gas, vapor, aerosol, liquid, particulate and solid. An example would be CS-1 riot agent powder (tear gas): CS-1 can be disseminated as is, or burnt to make noxious smoke. The CS-1 powder dissolves easily in a solution of warm soapy water for use in spray riot control dispersers. And if allowed to be exposed to a moist atmosphere, will cake up solid and gas anyone who touches it as effectively as in any of the other forms.

The form a chemical agent is used in is largely governed by its unique physical properties. As is the case of CS-1, an attacker can mix toxic substances with other material to achieve almost any effect desired, though generally speaking, chemical agents are usually used as is. Phosgene (CG) is a gas, sarin (GB) dispersed as an aerosol, adamsite (DM) as a particulate smoke, and white phosphorus (WP) as a solid.

Nuclear radiation is given off when nuclear weapons explode in the form of alpha, beta, gamma and neutron rays. The alpha rays or particles are so weak that they will not pierce the first few layers of healthy skin. Beta particles are stronger but a set of coveralls are usually effective in shielding people from their effect which at worst resembles severe sunburn. Gamma rays and neutrons are the strongest components of the prompt radiation pulse given off when a nuclear bomb explodes. They can pierce the armor of the heaviest tanks and disrupt the cells of the occupants at the molecular





A self-propelled artillery unit reacts to a mock gas attack in training.



Jeep mounted scouts return fire during a simulated chemical attack.



# The Chemical Threat



Chemical aerosol clouds can cover huge areas, as is demonstrated by this non-toxic oil smoke haze.

level. Only if the fireball of the nuclear bomb touches the ground is soil and debris carried up in the fiery cloud to fall back to earth as radioactive fallout.

Fallout resembles amber to black colored cinders such as produced by a blast furnace. The fallout cinders emit alpha, beta and gamma rays, and should be immediately brushed off of protective clothing.

The prompt radiation and fallout effects of nuclear weapons are defended against by using blast and radiation proof shelters. Fallout is defended against by shelters, timely evacuation (if possible), and protective suits to keep fallout particles from direct contact with the skin.

Biological agents are used as weapons in two forms: living organ-

isms and the chemical toxins they produce. Living organisms include: bacteria, rickettsiae, and viruses. They represent an insidious two-edged sword for the battlefield affecting both friend and foe alike. Spread of deadly bacteria, like anthrax, is accomplished by: direct contact, ingestion or vectors, such as rats or mosquitos. Living organisms used as weapons are bred to be hardy and their infections are at best difficult to cure.

Toxins, like botulism are produced by living organisms and are used and disseminated like chemical poisons. Mycotoxins used by the Soviets in the production of Yellow Rain are derived from the action of fungi on grain, the result is then blended with commercial detergent surfactants. The Yellow Rain weapon was developed from WWII

medical research into the poisoning of starving Russians who had eaten fungus tainted grain.

Defense by individuals against biological weapons is centered around personal hygiene, immunization, antibiotics and use of chemical protective clothing.

The French invented the practice of identifying NBCW agents according to their physiological effect during WWI. These include the ability of chemicals to: poison cells, choke, interfere with oxygen transfer of blood cells, blister skin, cause nerve dysfunction, cause skin or lung irritation, cause unconsciousness, chemical corrosion of body tissues, or thermal burns. Chemicals are also classed according to function: lethal, incapacitating or riot control agents; and their persistency, that is,





Toxic vapors may be blown across international borders during wartime chemical attack. This illustrates how Austria could be affected by a chemical attack on West Germany.

the relative time they will remain dangerous in the environment once dispersed.

Weather is a prime factor in considering the effects of a chemical attack. Nuclear fallout, biological agents and chemical aerosol clouds go where the wind blows them. Atmospheric stability is a function of the temperature gradient between the ground temperature and the air temperature at three meters above the ground. If the air is warmer than the ground, as in the early morning or late afternoon, stable (inversion) conditions exist and chemical agents will remain close to the ground. As the sun warms the ground the temperature gradient will equalize and the chemical agent cloud will move only subject to wind, gravity and dilution with the surrounding air.

When the ground becomes warmer than the air, the atmosphere is unstable (or lapse), and the chemical agent cloud will tend to pillar straight up.

For safety sake, low-lying areas in the immediate vicinity of a chemical attack should be avoided, since except for extremely volatile agents, such as hydrogen cyanide, most chemical agents are heavier than air.

**Delivery** — Nuclear, Biological, and Chemical weapons may be delivered by methods as sophisticated as intercontinental ballistic missiles, or as primitive as a bucket of blister agent propped in a doorway. The infantry uses grenades and pots filled with riot control and smoke screening agents to root the enemy out of holes and to conceal troop movements from the enemy. Mor-

tars and rocket projectors are used by special gas troops to project chemical agents and smoke screens up to five kilometers. A U.S. 107mm mortar can shoot 18 times a minute, contrasting this the Soviets have recently fielded a 240mm mortar system that can automatically fire about 300 rounds per minute.

The cloud attack is carried out by special gas troops using cylinders of chlorine and phosgene. Though logistically burdensome, difficult to conceal, and totally dependent upon the weather, cloud attacks are extremely devastating when they work. During WWI both sides were able to inflict 30 percent casualties, on experienced troops, due to surprise and the fact that no one can outrun a gas cloud. Since

(Continued on page 78)



Be Prepared:

# NITRO-PAK

*An interview with the owner of NITRO-PAK  
Storage Foods and Emergency Supplies...*

## Staff Report

**Y**OU may have noticed ads in *ASG* lately for emergency storage foods from NITRO-PAK Storage Foods & Emergency Supplies, and/or seen the year's supplies of storage foods from NITRO-PAK offered as top prizes in *ASG*'s 1988 Giveaways Nos. 1 and 2. You may not know that NITRO-PAK also sells a large variety of emergency survival equipment besides survival foods. We talked recently with NITRO-PAK owner Harry R. Weyandt about his company.

**Q.** How did you get into this business?

**A.** I've been a survivalist for many years myself and have researched and tried a variety of storage foods and survival products for my own use. When I was putting together my storage food reserves I was concerned about the freshness and quality of the foods I was buying. I noticed at one store they were selling storage foods canned by a company that had been out of business for more than five years. Sure, I realized that dehydrated and freeze-dried foods store for years but I felt the shelf life should be accumulated on my own shelves and not the dealers' shelves. Today NITRO-PAK cans over 90 percent of our storage foods in a matter of days prior to shipment to our customers. I also consider myself as kind of the ultimate Boy Scout — always striving to "be prepared." This business is just a natural extension of my belief in providing adequately for my family to the best of my ability regardless of whatever crisis may occur. One never knows when a disaster may strike.

As I was developing my own preparedness plans, more and more of my friends and associates asked me if I would assist them with their own preparedness plans.

I also felt many people were paying too much for their survival supplies. Many dealers have very high overhead and some even have commissioned salesmen. Because we don't have either liability, we can offer our customers some of the lowest prices in the industry without sacrificing quality or service. In all actuality, we're in the "survival insurance" business and all the products we carry are geared towards that end.

**Q.** How is NITRO-PAK different from other companies selling survival products?

**A.** The main difference is that all our storage foods are the freshest in the industry. We can have our orders within days of their receipt and ship immediately. We sell and ship to customers worldwide. One of the biggest pluses NITRO-PAK offers is our unmatched 60-day, no-risk, money-back guarantee on every item we sell. Our goal is 100 percent customer satisfaction. To my knowledge, no one offers a stronger guarantee. Would you really want anything less? Another thing is our new hassle-free automatic pay plan whereby you can purchase a year's food supply in monthly segments, paying for them each month as they are shipped. It's an easy way to systematically accumulate a year's food reserve easily and affordably.

Another thing is confidentiality. We never give out or sell our mailing lists. We always try to exceed our customers' expectations.

**Q.** How did you come up with the name "NITRO-PAK" for your company?

**A.** Originally we started our business with our storage food line, of which all canned items are packed in pure nitrogen atmosphere. Nitrogen is inert and does not harm the food. It comprises 80 percent of the air we breathe. It's



NITRO-PAK'S latest catalog.



The emergency gas shutoff tool for closing gas lines after an earthquake is a new item from NITRO-PAK.

colorless, odorless, tasteless and stops the oxidation process in foods, so food items store longer when packed and sealed in nitrogen. So since our foods are nitrogen packed our name tells it all.

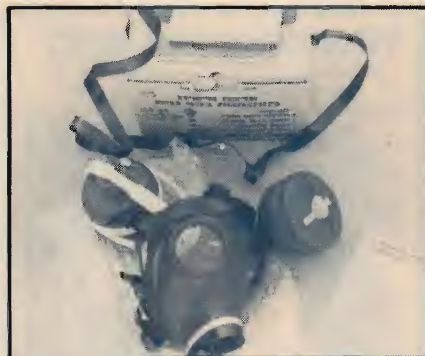
**Q.** What kind of storage life can a customer expect from your foods?

**A.** Every food group has its own nutritional storage life. Properly stored at about 70 degrees F. or less and nitrogen packed, you can expect grains to last from 10 to 50 years, dehydrated vegetables 10 years plus, dehydrated fruits six to eight years plus, and





The Student Pack provides emergency food, shelter, first aid supplies and light for 24 hours.



Another piece of survival gear now sold by NITRO-PAK is the Israeli civilian/military gas mask with filters.



Military ready-to-eat "gorilla cookies" and chocolate brownies are good sources of carbohydrates.



These retort emergency water pouches are U.S. Coast Guard approved.



The U.S. military M13 tank periscope is bullet-proof.

powdered dairy and egg products from four to eight years. We sell several types of year's supply storage food units for individuals and families ranging in price from \$595 to \$1,659. We also carry a full line of military ready to eat meals. These are great for long term storage.

Q. What other kinds of products are you carrying now besides your food line?

A. We have a comprehensive line of survival equipment including water storage containers and water purifiers, emergency survival packs, emergency lighting and heating equipment, and

first aid kits to name a few.

Q. What do you think the future holds for your company?

A. Our business is expanding beyond our projections and we expect even more growth in the near future. To sum up my feelings let me quote a statement I made in our latest catalog:

In a day of frequent disasters, natural and manmade, and our present day world conditions, i.e., the stock market crash, mounting government debt, record bank failures, the Persian Gulf crisis (all this happening in the best of times), there's never been a better

time to have or begin a comprehensive preparedness plan including food, water, fuel, protection, monetary reserves, plus the knowledge of "how to." The time one invests today will one day soon pay multiple dividends and bring you and your family true "peace of mind." I sincerely believe the time to get prepared is now!

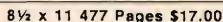
For more information contact NITRO-PAK Storage Foods & Emergency Supplies, Dept. ASG, 11018 E. Rosecrans Ave., Suite 300, Norwalk, CA 90650; (213) 929-4705. Catalog available for \$2. ●



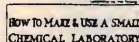




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